THE
HOMOEOPATHIC
FAMILY PRACTICE

With a preliminary Chapter on the Essentials of
Anatomy and Physiology, Illustrated by 34 blocks

For the use of Heads of Families, Missionaries,
Medical Students and Practitioners.

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PREFACE

I have much pleasure in presenting the Tenth edition of the reputed book THE HOMŒOPATHIC FAMILY PRACTICE, which owes its origin to the great Bengali treatise HOMŒOPATHIC PARIBARIK CHIKITSA, published by Messrs M. Bhattacharyya & Co. (P) Ltd.

The Anatomy & Physiology portion of the book is an important & useful Chapter, very helpful to medical students and all intelligent people. There are 34 diagrams which lucidly explain the detail working of the human body. A student of Homœopathy will be immensely benefited by this book.

The book deals with nearly all the ailments including those of women & children, that an average medical practitioner usually comes across. It will be of great help as a handy referance to the head of a family or a doctor or any person who has interest in Homœopathy.

The fact that the 9th edition of the book has been so quickly exhausted proves its popularity and usefulness. We are thankful to all for their patronage.

The price has been raised by only 0.50 paise inspite of all round rise in the cost of production by higher amount.

It is hoped that the book will receive favourable reception at the hands of the public as before.

73, Netaji Subhas Road,
Calcutta-1
January, 1967.

Heramba Ch. Bhattacharyya

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FOR ALPHABETICAL SEE PAGE 573

INTRODUCTION
TO
ANATOMY & PHYSIOLOGY

It is futile to expect good results out of anything, until and unless one knows the *why* and *wherefore* of it. Take even a simple piece of machinery, say that of a watch ;—study it and note how inextricably every wheel is dependent upon another for its movements ; how a broken tooth here or a loose rivet there or a slackened or out-of plumb axle not only throws the whole machine out of gear, but sometimes spells for its eternal ruin. If such be the case with a man-made machine, how profoundly true it is with God's hightest workmanship, as expressed in the being called laconically "Man" ! *Genus Home*, expresses not only the acme of God's creation, but almost reproduces Him in His creation.

Dear Reader, just pause and ponder what it means. Just realise for a moment the supreme onerous task of treating God's image ; for, we are at the threshold of nothing less. Every male or female who presumes to study man in health and in disease or who seeks to stay disease and bring in the balm of Gilead, *i.e.*, who seeks to make whole the broken or damaged humanity, should tremble before the task and ask for strength from Him—Who alone can vouchsafe that privilege to us. Let us, in all humility bow before the Awful Presence—Whom we glibly refer to as Providence, and ask His blessings. *Amen !*

We have referred to the Human Body as a piece of mechanism. A mechanism indeed, in so far as its daily round of work goes. But it is more than a mere piece of machinery—it is a *living* force, a *sentient* reality and an *intelligent* corporation. In the following pages, we shall try to give the reader some idea of what it is like. In the first half, we shall give the Anatomy or structure of the human body, and in the second half, its Physiology or normal function in health.

ANATOMY

Roughly speaking, the human body is made up of :

(*a*) *A skeleton* or bony frame-work ;

(*b*) *Appendages* to the skeleton ; and

(*c*) *Viscera* or organs enclosed inside the cavities.

First then the skeleton or bony frame-work. This is what forms the frame-work for the support of softer structures (skin, muscles, vessels, nerves, etc.) and protection of the organs within the cavities of the body. Bones provide attachments for support of muscles and their tendons, ligaments, fibrous, membranes, etc. They *articulate* with each other to form joints and are the levers in the movements at those joints.

The articulating surfaces of bones or those places which touch one another, are coated with a gristly material called *articular cartilage*. All bones are covered with fibrous, vascular membrane called *periosteum*, whence blood vessels (*nutrient arteries*) enter into the bones through small *foramina* or openings on their surface. So long as this periosteum is healthy and intact, all branches in the bone can mend. If a piece of bone is medically sawn through, we will find that its surface is dense and hard (*i.e.*, made up of ***compact tissue***) and that its interior contains numerous spaces like a sponge (and so it is called ***cancellous*** or ***spongy tissue***). The spongy tissue is filled with ***red marrow***. In the case of long bones, the centre, instead of being wholly filled with spongy tissue, is hollow, in which case, the hollow is called ***medullary cavity***. According to their shape and size, bones are called—***flat***, ***short***, ***irregular*** or ***long***. The long bones have two ***extremities*** (***epiphyses***) or ends and a central ***shaft***.

The bones of the skeleton are ***articulated*** or joined to each other by three means, *viz.* first, by ***sutures***—*i.e* , by toothed edges of apposing bones, as in the case of the parietal bones that form the crown of the head ; secondly, by means of ***cartilages*** or gristles, which sometimes, as in the case of joints, form ***articular cartilage*** ; thirdly, by ***ligaments*** or touch binders. Joints are surrounded by a very tough shiny sheet, called ***articular capsule***, which prevents bones slipping out of place.

If we now study the **Skeleton** as a whole, we find that it is disposed thus :

Spinal Column as the central pivot
- Supporting : the *Skull*
- Helping to form : two ***cavities i. e.***
  - Thorax
  - Abdomen
- Resting on : ***Pelvic Girdle***
- Having : ***Upper and Lower Appendages or Extremities***

The Spinal or Vertebral column is made up of :

7—***Cervical*** or neck bones.

12—***Dorsal*** or back bones.

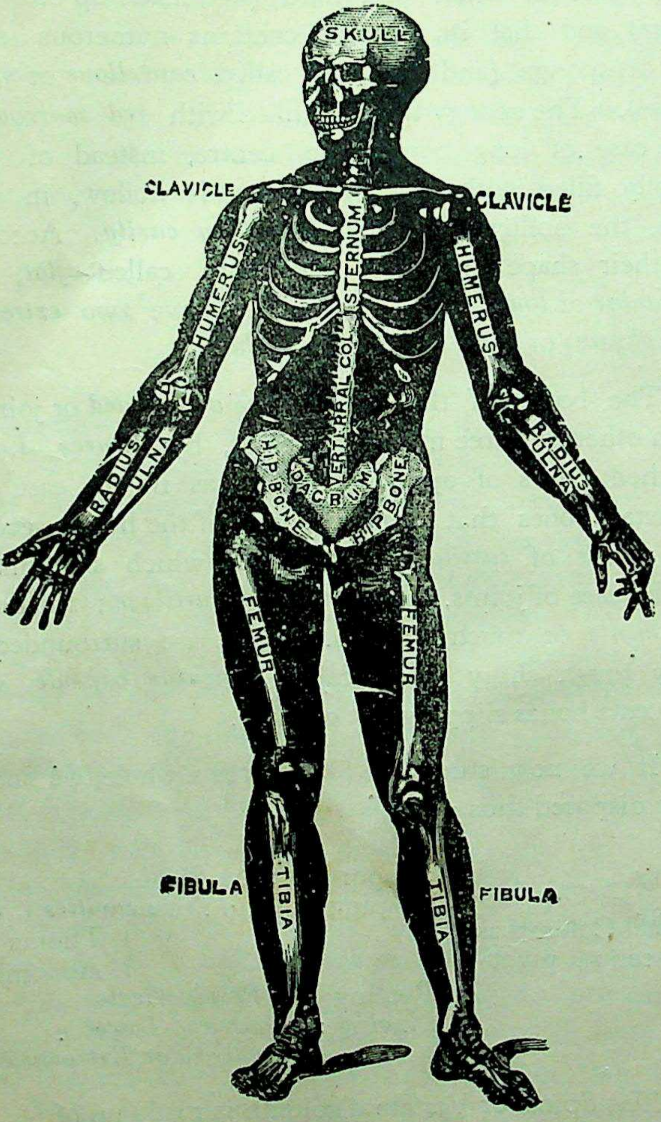
SKULL
CLAVICLE
CLAVICLE
STERNUM
HUMERUS
HUMERUS
VERTEBRAL COL.
RADIUS
ULNA
RADIUS
ULNA
HIP BONE
SACRUM
HIP BONE
FEMUR
FEMUR
FIBULA
TIBIA
TIBIA
FIBULA

Figure 1—The Skeleton with the names of principal bones.

5—*Lumbar* or loin bones.
5—*Sacral* or hip bones (fused into one),
3—*Coccygeal* or tail bones (fused into one).

Each spinal bone or *vertebra* has a central ring called vertebral *foramen*, to afford passage and support to the spinal cord. The spinal column then is a bony cagement ;—it supports on its top the skull and it embodies inside the vertebral foramen and the spinal cord. The spinal column admits of very slight movement antero-posteriorly and laterally. Owing to faulty posture in sitting or standing, vertebral *body* gets undually contorted, thereby producing deformity as kyphosis or stooping forward and scoliosis or laterally curved.

The twelve dorsal vertebræ have, on each side, twelve ribs attached to them. The ribs are called *Costæ*. Of the twelve ribs, the first seven are connected in the front and central part of the body to the *Sternum* or Breast Bone. The sternum is made of three parts, whereof the upper two are bony and the lowermost, the *Ensiform* or *Xiphoid Cartilage* remains soft and elastic till about the end of middle age. After the age of 40, it begins to be converted into bone and becomes hard. It is important to remember this simple anatomical fact, inasmuch as, later in life, when it becomes hard and therefore prominent and palpable, people look upon it as a disease of the liver. Returning to the ribs, we find that the first seven ribs are called *true ribs*, because they are joined to the sternum. Of the remaining five, three upper ones are connected by their cartilage to the cartilage of the seventh rib ; the last two are called *floating* or *false* ribs, having one extremity free.

We now pass on to the *skull* or bones of the head. There are in the skull :

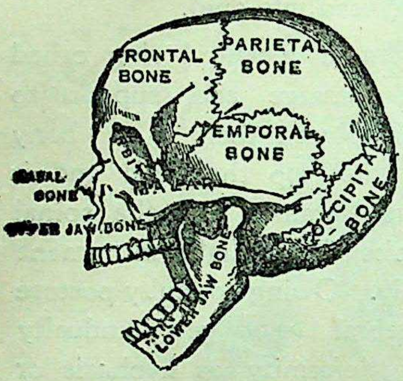

Figure 2—The bones of the skull

1—*Frontal* bone—situated in front (forehead).

2—*Prietal* bones (one on either side). By union, they form the crown or top of the head.

1—*Occipital* bone—that form the back of the head.

2—*Temporal* bones—one on each side. In these, occur the ear-opening (external auditory meatus). Inside each are three small bones (ossicles) of middle ear.

1—*Sphenoid* bone—wedged in between the temporal bones.

1—*Spongy*, delicate, *Ethmoid* bone—situated behind the eyes on the top of the nose.

Then we pass down the *Face.* This part of our anatomy comprises the fallowing bones.

2—Superior *Maxillary* bones—helping to form the cheeks. They contain the upper row of teeth.

1—Inferior *Maxillary* bone or mandible. This maxillary bone contains the lower row of teeth.

By their union, the two superior maxillary or jaw bones help to form the hard palate and the floor of the nose. The superior maxilla has a hollow cavity inside each, known as *Antrum of Highmore.* In fact the inside of each nose communicates with this cavity. The superior maxilla forms externally the prominences of the cheeks. If an individual suffers from catarrh (running) of the nose, it causes pain in the region of the cheek-prominence by lightning up inflammation internally.

2—*Lachrymal* bones—situated in front part of the orbit.

2—*Malar* bones (one on each side)—situated on the outer and upper part of the face—causing the prominence above the cheeks.

2—*Palatine* bones (one on each side)—situated in the back part of the nose.

2—*Inferior Turbinated* bones—one in the inside of each nasal cavity,

2—*Vomers*—they from the back part of the nasal partition.

A separate reference is necessary to what is called the *Orbit.* This is a round cavity, one on each side of the head, into which fits an eye-globe. It is made up of seven bones—the frontal, ethmoid, sphenoid, lacharymal, superior maxillary, palatine and malar bones.

Before leaving the head and face, it is important to draw attention to a few important surgical and medical aspects regarding them. The first thing to note is that the two points where the parietal bones come in contact with the Frontal and Occipital bones are called *fontanelles* in infants. The *anterior* fontanelle is a triangular gap found in infants under one year, where the frontal bone joins the two parietals. The *posterior* fontanelle is a lozenge-shaped gap, occurring also in infants, but of less than six months old, at the point of junction of the occipital with the partietal bones. These gaps get filled up with bony tissues as the child's age advances. The second point of importance to note is that any jar gi to the lower jaw may be transmitted to the head. This if severe and sudden, may even cause fracture of the skull at its base. Inside the skull is contained the Brain. We shall speak of the Brain hereafter.

We next take up the *Pelvis.* This is a basin intended to contain the genito-urinary orgrns and to give support to the spinal column. It is made up of :

2—*Os Innominata*—one on either side.

1—*Sacrum*—(formed by fusion of five pieces of sacral vertebræ).

1—*Coccyx*—(formed by 4 coccygeal vertebræ).

The pelvis has an upper opening, called the '*brim*' and a lower opening, called the pelvic '*outlet.*' Anteriorly the pelvis is guarded by symphysis pubis ; it is here that the external organs of generation are attached. That part of pelvic or innominate bone on which wet sit, is called *ischium.*

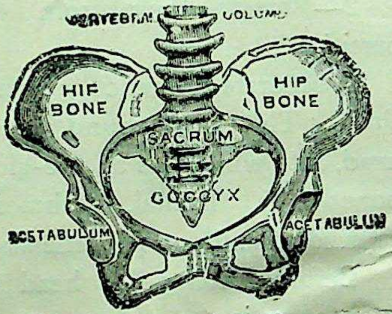

Figure 3—The Bones of the pelvis.

The pelvis in the male differs from the pelvis in the female. The points of difference are noted in the table below :

MALE PELVIS :	FEMALE PELVIS :
Bones are stronger.	Bones are lighter.
Muscular impression marked.	They are less prominent.
Cavity is deep & narrow.	Cavity is roomy.
The brim is comparatively narrow.	Brim is wide.
Sacrum is much curved.	Sacrum is less curved.
Pubic arch is narrow.	Pubic arch is wider.

UPPER EXTREMITY :

Shoulder Girdle—Comprising
Clavicle (in front)
Scapula (behind)
Humerus (arm)
Radius (fore-arm)
Ulna (fore-arm)

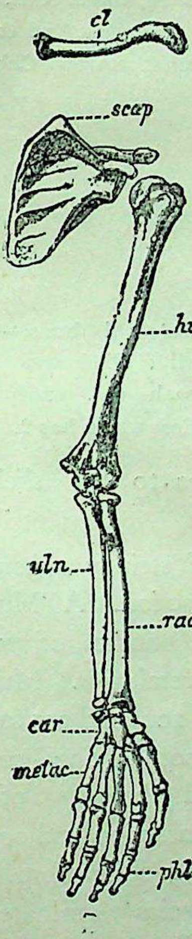
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Figure 4—Upper Extremity.

LOWER EXTREMITY :

Pelvic Girdle—Comprising
Os innominatum (in front)
Sacrum (behind) Femur (thigh
Fibula (Leg)
Tibia with patella (Leg)

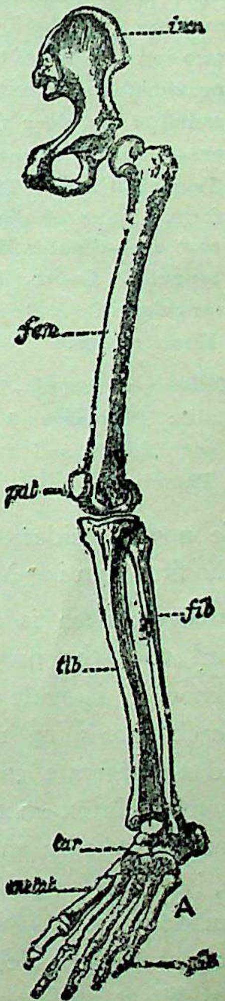
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Figure 5—Lower Extremity.

We now pass on to a consideration of the Extremities. And we shall do so by putting side by side in parallel columns the homologous parts in the Hand and Foot :

Hand	Foot
Carpal Bones—Eight in number. Arranged in two rows. Those of the proximate row from the radial to the ulnar side are—Navicular, Lunate, Triquetral and Pisiform. Those of distal row are—Greater Multangular. Lesser Multangular. Capitate and Homate bone.	Tarsal Bones—Seven in number. Talus (Astragalus), Calcaneous, Navicular, 1st, 2nd & 3rd Cuneiform and Cuboid.
Metacarpal bones—5 in all : Phalanges 3 to each finger, and 2 for Thumb.	Metatarsal bones—5 in all : Phalanges 3 to each toe except the first which has 2.

We now consider the appendages to the skeleton. And the first item is—Muscle.

Muscle or flesh is a collection of stringy substances endowed with the property of contraction. A 'Muscle', as we know it, is made up of several bundles of *muscle fibres*, each fibre being made up of several *cells*. Muscles are said to originate from one bony spot and are said to be *inserted* into another bony spot. The central thickened part of a muscle is called the *belly* of the muscle, its ends (*i.e.*, the points of insertion and origin) being made up of *tendons* or very strong shiny fibres that do not possess elasticity. Into muscles terminate the terminal divisions of nerves (nerve endings). Muscles as a rule are richly supplied with blood-vessels. All muscles are on a condition of being in taut ; this is known as their *tonicity* or state of tonic contraction. A muscle possesses tonus, elasticity, contractility and irritability.

Nerves are, like electric telegraph wires, vivid with life. They are shiny, hard, cord-like structures. They all originate either from the brain or the spinal cord and terminate on or are said to *supply* (be disturbed on) the skin or muscles or organs. They serve one of these three functions : (*a*) Those that are *Motor* nerves, send impulse to contract the muscles or groups of muscles in which they terminate. (*b*) Those that are *Sensory*, convey from the skin or viscera or wherever they happen to lie, to the brain sensations of pain or pleasure, heat or cold, touch or taste, as the case may be. (*c*) Those nerves that are *Trophic*, carry nutritional impulses to the parts they supply, that is to say, if such a nerve is cut the parts supplied by it, suffer from want of nutrition ; or in other words, those parts waste away.

Blood-vessels are divided into three classes, *viz.* :

(*1*) *Arteries* or those principal trunk-vessels that carry purified blood from heart to the distal parts of the body. These are endowed with muscular coat and as such can contract when cut or torn. They *pulsate* or carry on the wave of impulse imparted to the column of blood contained inside them, by the forcible contraction of the heart. When an artery is cut, blood flows out from it in jets or spurts, and such blood is bright scarlet coloured.

(*2*) *Veins* are principal vessels carrying back from distal parts of the body all the impure blood to the right side of the heart. They are devoid of muscular coat and as such when cut or torn, they gape and dark blood flows out of them in a continuous stream.

Arteries when they become smaller are called *arterioles*; and veins when they becomes smaller are called *venules*.

(3) *Capillaries* : Arterioles, when they enter into any part of the body, become smaller and smaller till they become so small as to possess only one-celled wall they are then called capillaries. Capillaries then, are, on the one hand, the final minute ramifications of arteries, and on the other, the primal minute ramifications that will run on into venules. Capillaries are the end of arterial and beginning of venous systems. In them there is no throbbing pulsations of arteries but blood flows through them in a stream controlled by chemical and physical composition of blood (tension. viscosity and osmosis). Capillaries are like the spill-areas of rivers. They carry arterial or pure blood to each cell of the part and gather up from those areas the impure blood to be transmitted into the right side of the heart. Like the spill-area of rivers, the sectional area of capillary circulation is many times larger than the sectional area of the blood vessels. Blood flows

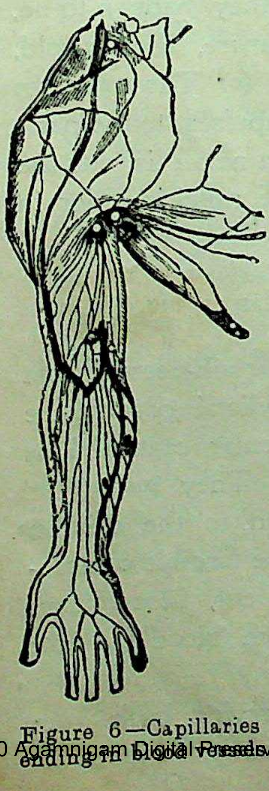

Figure 6—Capillaries ending in blood vessels

quickly and in jerks through arteries, quickly and in less jerky spurts through arteries, slowly and without any jerk whatever through capillaries, through venules and veins into the heart.

Lymphatics : Lymph flows through out the body and from each area of the body into the heart. Lymph-flow occurs chiefly through minute capillaries called *lymphatic ducts*, into a receptacle called *receptaculum chyli*, situated on the mid-line of the back of the abdominal cavity just in front of the 1st & 2nd lumbar vertebræ, to be finally carried into the right heart by the vessel called *thoracic duct*, which opens into the left innominate vein at its formation. During their passage from tissue to the receptaculum chyli, lymph ducts pass through *lymphatic glands* situated almost all over the body and especially so near the joints and in the pelvis. Lymph ducts are a sort of overflow pipe or feeders to the general circulation and lymphatic glands are the seats where any foreign or poisonous body circulating in lymph is combed out and arrested and disposed of.

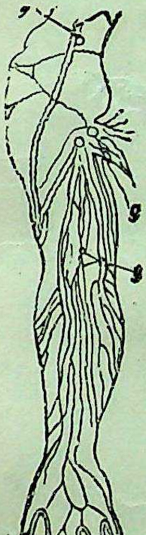

Figure 7—Lymphatic vessels and Glands.

Skin is the external covering of the body. Hairs and nails (in man) and scales or horn (of animals) and modification of skin. The skin is made up roughly of two layers ; one—a layer of vascular connective tissue called the corium or cutis vera and the other—an external covering of epithelium called the epidermis or cuticle. The epidermis consists of 5 layers, the 3rd layer from within outwards is called the stratum granulosum which contains the pigment and imparts colour to the skin. The cutis vera or true skin or *dermis* is abundantly supplied with nerves and blood-vessels and with *fat* and *sweat glands.* The sweat glands look like a coil of tubes and they possess a *duct* or pipe that opens on the surface of the skin by means of holes called *pores.* The *fat, sebaceous or oil glands* lie in the dermis and they too have a duct opening on the epidermis passing between the papillæ; the ducts of sebaceous glands however open into the follicle of a hair. They secrete an oily fluid that helps to keep our skin smooth.

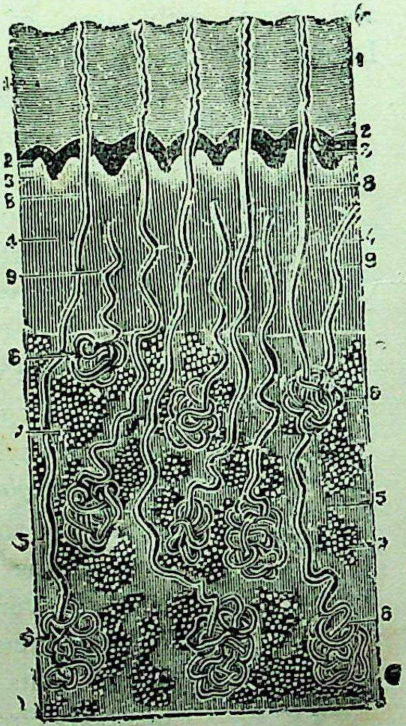

Figure 8—The skin (in section); 1 dermis, 2 pigment layer; 6 sweat glands; 7 collection of fat.

Hairs are composed of fish-scale like cells, enclosing central *pith.* They are sunk into the true skin, enclosed in a kind of bag (the hair follicle) and mounted on small ridges called *papillæ*).

Nails represent the scaly superficial layer of skin in a condensed form. The bed on which the nail rests is the dermis layer of skin modified into very vascular parallel ridges.

THE NERVOUS SYSTEM

In the human body, certain groups of organs or tissues possessing common function are called *System.* Thus, those tissues or organs that perform the work of digestion, are grouped under "Digestive system" and they include such varying structures as teeth, stomach, liver, glands, etc. Of all the organs or systems, those relating to motion, sensations, consciousness, etc., are grouped under **Nervous System.**

The Nervous System comprises :

(i) The sympathetic or Autonomic Nervous System.

(ii) The Central or Cerebro-Spinal Nervous System.

The Sympathetic System supplies nerves to the viscera, glands and blood-vessels. It is connected with the Central Nervous System, and consists of two trunks, situated one on each side of the vertebral column. Each *trunk* is made up of a longitudinal series of *ganglia* or *gangliated cords i. e.* (*a*) thickenings along the course of nerve-fibres, (*b*) strands of nerve *fibres* connecting the ganglia, and (*c*) *plexuses* or nerve-fibre net-works.

The Central Nervous System comprises :

(i) { Cerebral or large Brain.
Cerebellum or small Brain.

(ii) Pons varolii ; Medulla Oblongata.
(iii) Spinal cord.
(iv) Nerve-trunks : Nerve fibres ; Nerve-endings.

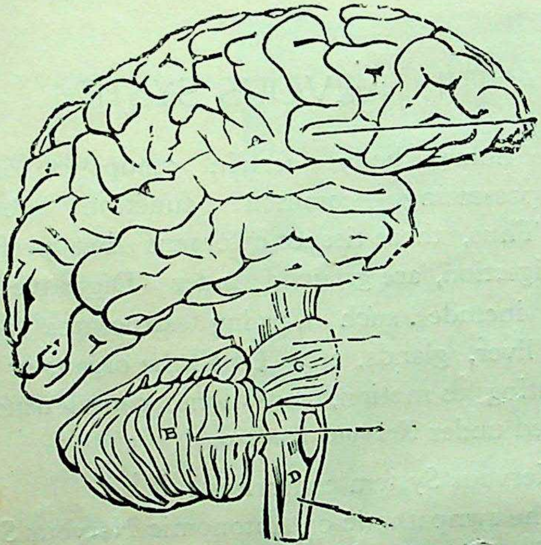

Figure 9—Showing from above downwards one side of Cerebrum, the Cerebellum, Pons and Medulla.

The cerebrum or the Cerebral Hemispheres, one on each side, form the largest part of brain. They are joined to each other directly. Their surface is made up of what is called *grey matter* or cell collections and it presents *convolutions* separated by *sulci*. The interior is made up of *white matter—i. e.*, of nerve-fibres.

The cerebellum also consists of two ***hemispheres***, united by a median portion, the ***vermis***.

The Pons Varolii : It lies ventral to the cerebellum.

The Medulla Oblongata : It is conical in shape, with the large end upwards and about one inch long. In its lower half is a *central canal* continuous with that of base of fourth ventrical of brain and with the central canal of spinal cord.

The Spinal Cord : It is more or less cylindrical, about a foot and a half long and nearly fills the bony spinal canal. From it emerges 31 pairs of nerves. Its outer part is made of *grey matter*, and the inner of *white matter* and in the centre runs the *central canal.*

The cerebrum, cerebellum, pons, medulla and spinal cord are all covered by three layers of membrane or *Meninges*. The most outer one is called *Dura mater*, which is continuous with the periosteum of bone. This is a sort of binder to the extremely delicate nervous tissues. The next, the middle coat or meninges is called the *Arachnoid*. It forms a loose investment to the brain and spinal cord and provides sheath for the emerging nerves for a short distance. The most internal of meninges in the *Pia mater*. It carries a net-work of blood vessels.

Nerves : A nerve or nerve trunk is a communicating cord or link between the brain and the peripheral parts of the body. The nerves are divided as follows :

(*a*) Cranial nerves *i. e.* nerves originating from under surface of cerebrum. These occur in 12 pairs, one on each side.

(*b*) Spinal nerves *i.e.*, 31 pairs of nerves arising from either side of the spinal cord.

The *cranial* nerves are described below in details :

i. *Olfactory*—these are concerned with the sense of smell.

ii. *Optic*—These pierce the globe of the eye from behind and spread out on its inner surface as retina.

iii. *Oculo-motor*—they move the muscles of the eye-ball.

iv. *Trochlear*—such nerves move the orbit of the eye-upwards.

v. *Trigeminal*—their sensory fibres supply face, front of head, nose, mouth, front two-thirds of tongue and teeth ; their motor fibres are concerned with the act of chewing or masticating.

vi. *Abducent*—they turn eye outward.

vii. *Facial*—these are motor nerves to muscles of scalp and face ; sensory to the tongue.

viii. *Auditory* or *Acoustic*—they are concerned with hearing, maintenance of equilibrium of body and localization of one's position.

iv. *Gloso-pharyngeal*—they are sensory to tongue and pharynx ; and motor to pharynx.

x. *Pneumo-gastric* or *Vagus*—these are motor to pharynx, larynx, œsophagus, trachea, lungs, diaphragm ; and sensory to external ear, larynx and lungs.

xi. *Spinal Accessory*—they are motor to certain muscles.

xii. *Hypo-glossal*—these are motor to tongue.

The spinal nerves are in 31 pairs. They arise from the spinal cord by two *roots—anterior* or motor ; and *posterior* or sensory—having a *ganglion* (or thickening). The anterior and posterior roots unite immediately lateral to the ganglion, to form the spinal *nerve trunk.* The spinal nerves are :

8 Cervical pairs (whence the brachial plexus)
12 Dorsal or thoracic pairs.
5 Lumbar pairs (whence lumbar plexus)
5 Sacral ,, (,, sacral ,,)
1 Coccygeal ,,

Each nerve trunk, arising from the cord or from the union of one or more trunks called *Plexuses*, divides and subdivides, receiving local name. Nerves finally *terminate* into muscle-cells or glands or as specialized endings called *touch corpuscles* (in skin) or *taste-buds* (in tongue).

THE CIRCULATORY SYSTEM

This comprises .

(*a*) A central pump (the Heart) ;
(*b*) A set of out-going blood-vessels (Arteries) ;
(*c*) A set of in-coming blood-vessels (Veins) ;
(*d*) An over-flow system (Capillaries, Lymphatics).

We have finished with the last three ; now we take up the Heart and Blood.

the left ventricle. When this left ventricle contracts, blood is forced into the Aorta (the main arterial trunk of the blood) and thence to all parts of the body.

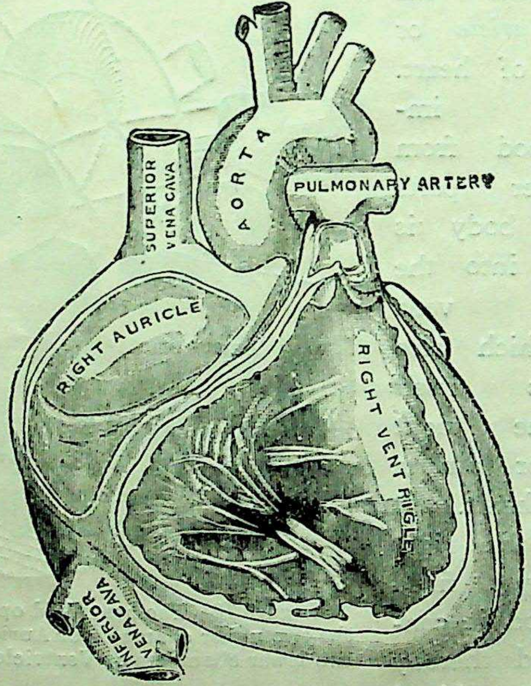
AORTA
PULMONARY ARTERY
SUPERIOR VENA CAVA
RIGHT AURICLE
RIGHT VENT RICLE
INFERIOR VENA CAVA

Figure 11—The right or venous side of heart laid open.

The heart is an irregular flattened cone in shape with its *base* upwards. It lies opposite the 5th, 6th, 7th and 8th dorsal spinal bones. Its *apex* (formed chiefly by the left ventricle) lies 3½ inches from middle line of body, opposite the 5th left inter-costal space. It is enclosed inside a firm fibrous bag, called *pericardium* and its interior is lined by a delicate membrane called *endocardium.* Its blood-supply is by means of *coronary arteries*, which can, act during the period of rest of heart, called diastole.

Blood—is a thick fluid, composed of two parts :
Liquid—Serum or Plasma
Solid—Corpuscles { White (leucocytes)
Red (erythrocytes)

It is the preponderance of red blood corpuscles with their colouring matter, called *hæmoglobin* that gives to blood the red colour that it has got. Blood has the property of *clotting* or *coagulating, when* shed.

THE DIGESTIVE SYSTEM

This comprises the Mouth, the Pharynx (which we refer to, under the Respiratory System), the Œsophagus,

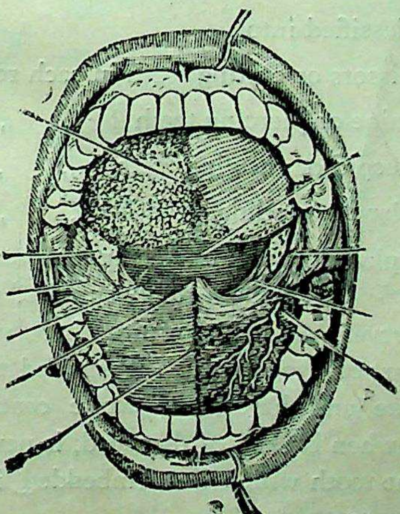

Figure 12—The inside of mouth, showing the teeth, tongue, palate, tonsils on both side.

the Stomach, the Small Intestines, the Large Intestines, the Sigmoid, the Rectum, Liver, Gall-bladder and Pancreas. We take up one by one of these items.

The mouth (oris) : Its interior is lined by what is a modification of the skin, called *Mucous Membrane*. Unlike the skin, it is reddish in colour, studded with *secreting glands* and it has the power of absorbing things presented to it in solution. We shall learn of glands hereafter.

Tongue (a muscular organ) ; **Tonsils** (glands) ; **Palate** (bony and mucous-membranes-made) play their part in the digestive action which we will refer to later on. The tongue has specialized nerve-endings in it, which are raised in the form of *papilla* for purpose of taking taste.

Teeth are classified into :

4 Incissors or cutting teeth in each row
2 Canine or piercing teeth ,, ,,
4 Bicuspid or chewing teeth ,, ,,
6 Molar or grinding teeth ,, ,,

They are placed in separate compartments in the jaw-bone, called *sockets*. They are richly supplied with blood-vessels and nerves, which run into their very core or *pulp*. That part of a tooth which is exposed to our view is bright, white and hard ; the white coating is called *enamel*. This when broken or damaged, is never replaced. That part of the tooth which lies embedded in the gum is called its *fang* or *cusp*.

A child is born toothless ; from the 6th month upto 1½ year the *temporary* set of *milk-teeth* erupts—twenty in all. By the age of six years, they all drop off and are replaced by the *permanent teeth*—thirtytwo in all. These drop off in old age. But teeth kept clean ought not to decay.

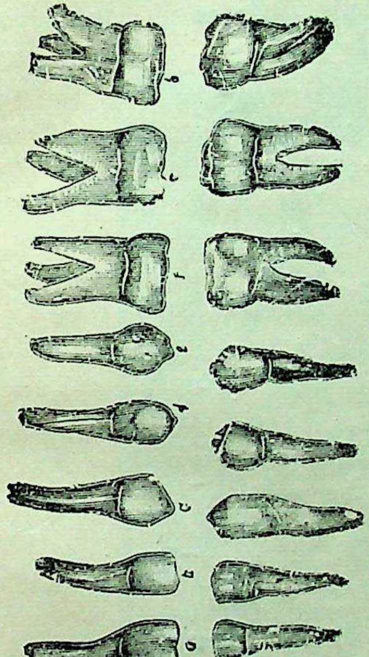

Figure 13—The Teeth from above downward: first three pairs are Molars; next two Bicuspids; next one pair Canines; last two pairs incissors.

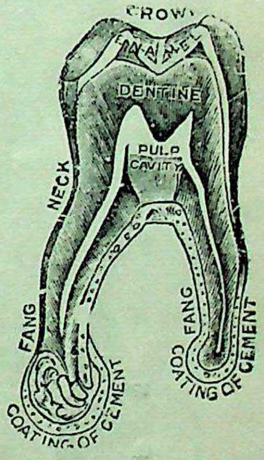
CROWN
ENAMEL
DENTINE
PULP CAVITY
NECK
FANG
FANG
COATING OF CEMENT
COATING OF CEMENT

Figure 14—Diagramatic view of a Tooth shown in section.

Œsophagus or **gullet**: It is a pipe through which food passes from the mouth into the stomach. As a rule this pipe always contracts towards stomach.

Hence a horse can send up its food and drink, although

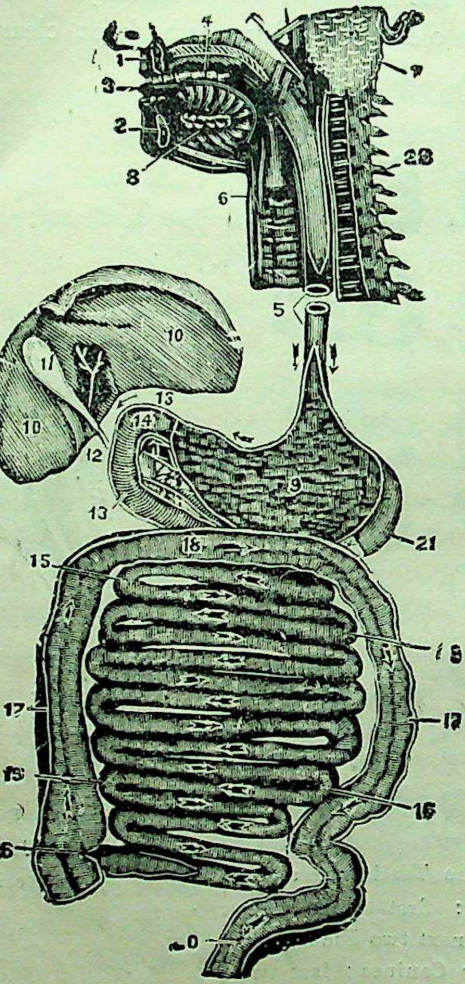
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Figure 15—The entire Alimentary Tract : 1 Bone of upper jaw ; 2 , Bones of lower jaw ; 3 Muscular root of tongue ; 5 Œsophagus ; 21 Stomach ; 9 Its interior ; 11 Gall-bladder ; 10 Right and left lobes of Liver ; 12, 13, 14 Duodenum ; 15 Coils of small intestines ; 16 Cæcum ; 17 (right) Ascending colon ; 18 Transverse colon ; 17 (left side) Descending colon ; 20 Sigmoid.

at the time of eating or drinking, its head is low. That part of the stomach, where the œsophagus joins it, is called the *cardiac orifice* of the stomach.

Stomach or ventriculus : It is a pear-shaped hollow bag, placed on the left upper side of abdomen, immediately below that part of diaphragm (or the muscular partition

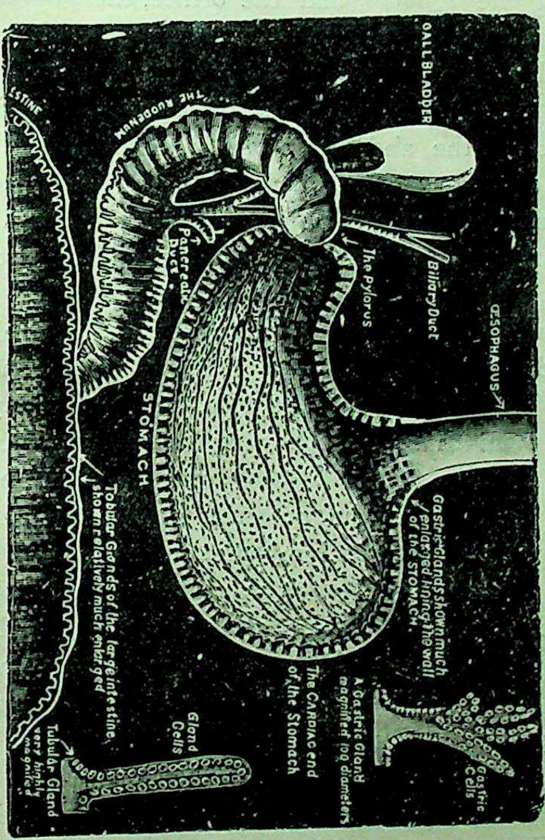
ESTINE
THE DUODENUM
GALL BLADDER
Pancreatic Duct
The Pylorus
Biliary Duct
ŒSOPHAGUS
STOMACH
Tubular Grands of the large intestine shown relatively much enlarged
Gastric Glands shown much enlarged lining the wall of the STOMACH
The CARDIAC end of the Stomach
A Gastric Gland magnified 100 diameters
Gastric Cells
Gland Cells
Tubular Gland very highly magnified

Figure 16—The stomach. Duodenum and Gall-bladder laid open, showing the rugæ, the dot-like openings of gastric glands. The inset figure is that of a secreting gland.

between the chest and belly) whereon sits the heart. It communicates with the mouth by means of the œsophagus and it is continuous with the intestines below. The region where the œsophagus enters the stomach is called the *cardiac* and the orifice, the *cardiac orifice*. The portion of the stomach which joins the small intestines is called the *Pylorus* and the orifice, the *pylorus orifice*. The stomach is covered on its outside by a serous layer, called the *peritoneum*. The *peritoneum* is by the way, a large continuous sheet of serous membrane which lines the inside of the abdominal walls, except where viscera are in direct contact, and is reflected on to the viscera. It passes directly over some viscera, binding them to the posterior abdominal wall. The peritoneum also forms "folds" which receive different names, *viz. omentum, mesentery* or *visceral ligaments*. The potential, not real, space enclosed between the peritoneal layers is called the *peritoneal cavity*. It communicates with the lymphatic system.

The stomach has the following three principal coats :

(*a*) External or *Peritoneum* coat—which help to bind it down again with the posterior wall of the abdomen and helps to carry on its lymphatic circulation.

(*b*) Middle or *Muscular* coat—which enable it to contract upon the food-material that may reach inside. The muscles on its walls are so disposed as to enable the bag to contract in the form of a series of succeeding waves, passing in different directions.

(*c*) Internal or *Mucous* coat—which secretes.

We shall say here a few words regarding the *mucous coat*. The mucous coat or *mucous membrane* is described here in general terms, once for all. This is made up of a single layer of specialized cells and it is non-vascular.

that is to say, no blood-vessels lie between their cells; blood-vessels in abundance, however come up to their very base. The function of mucous membranes is to *secrete* "juices." Cells so modified as to yield, when aggregated, juices or *secretions* are called gland. We have seen elsewhere what a gland (in anatomical parlance) is—*viz.*, a midway-station for filtering or arresting poisons or foreign bodies circulating in the lymph; these latter glands and naked-eye structures, nodular to the feel, and are generally spoken of as lymphathic glands—a term that explains their anatomy and physiology. But glands, as we understand them in the physiological sense of the term, are secreting structures. Any collection of specialized cells possessing the power to secrete fluids special to them, is called a gland. Thus tear gland secretes tear; sweat-glands secrete sweat; testicular glands secrete semen and so on. While it is a fact that secreting glands (or, glands in the physiological sense of the term) are to be found chiefly on mucous surfaces, it will be wrong to assume that every bit of all mucous surfaces is made up of, or is studded with, such glands. In fact, glands are not so ubiquitous. Glands occur here and there on mucous or other specialized surfaces and are formed by certain groups of specialized cells dipping down into their substance. Glands are richly applied with blood-vessels, nerves and lymphatics. A secreting gland is a microscopic structure and it possesses a *body*, a *neck* or pipe or duct and an *opening* or mouth on the surface. Mucous membrane or mucous surface is such a lining as is studded with glands secreting an alkaline, lubricating, sticky fluid, called *mucus*.

We shall now return to the consideration of stomach again. We have said that its interior is lined by a mucous membrane. While the stomach is empty, its mucous membrane is thrown into folds called *rugœ*. While the greater portion of the mucous membrane secretes mucus to keep the inside of the stomach moist, portion of it are studded with secreting glands—that secrete pepsin and hydrochloric acid. Such glands are called *peptic glands*.

Intestines : These are divided into following portions—

Small intestines	Duodenum—10 inches long. Jejunum—8 feet long. Ileum—12 feet long.
Large Intestines	Cæcum—2½ inches long. Vermiform Appendix—3½ inches long. Ascending Colon—6 inches long. Transverse Colon—20 inches long. Descending Colon—4 inches long.
Pelvic colon	Pelvic colon (sigmoid)—4 inches long. Rectum—5 inches long. Anus—1½ inches long.

Duodenum is the first part of the small intestines ; it commences where the pyloric end of stomach terminates. It is arranged like the letter 'c' enclosing inside its curvature the head of the pancreas. Into it opens the common duct from gall-bladder and pancreas, called *ductus communis choledochus*.

Jejunum and **Ileum** are the middle and terminal parts respectively of the small intestines. It is difficult to say where the one ends and the other begins. Together they form freely movable *coils*, found in all parts of the abdomen.

Like the stomach the small intestines possess (*a*) an external serous or peritoneal coat, two muscular coats and (*b*) an inner mucous coat. The inner linning of the stomach is thrown into folds called rugæ ; the inner lining of the small intestines is also thrown into permanent crescentic, circular and spiral folds, called *valvulœ conniventes* (or *plicœ circulars* vel *semilunares*). They are thickly covered with minute projections called *Villi*, which give them a velvety appearance. Nodules of lymph tissue, called *solitary glands*, are scattered throughout the small intestines and aggravations of them are called *Peyer's patches*.

Large Intestines : These begin in the right lower part of abdomen (called *iliac region*) as a blind head, called intestinal *cœcum*, with which the useless appendage called *vermiform appendix* is connected. The ileum opens into the cæcum and the opening is guarded by a valve, the colic *valve*. The colon is divided into three parts. The *ascending* colon proceeds upwards to under-surface of liver ; thence it proceeds transversely (under the name of *transverse colon*) across the upper abdomen to under—surface of spleen ; from here it bends downwards as the *descending* colon, its lowermost parts being called respectively *iliac* and *pelvic* colons. The points where the colon bends are called its *flexures*. The *Vermiform Appendix* is about 3½ inches long and it opens into the cæcum, below the ileo-cæcul orifice. It is a blind tube, the function of which is unknown.

The large intestines are distinguished from the small intestines by (*a*) its possessing *appendices epiploicæ* i.e. pouch-like fatty projections of the peritoneum occurring on external surface of large intestines ; (*b*) its having

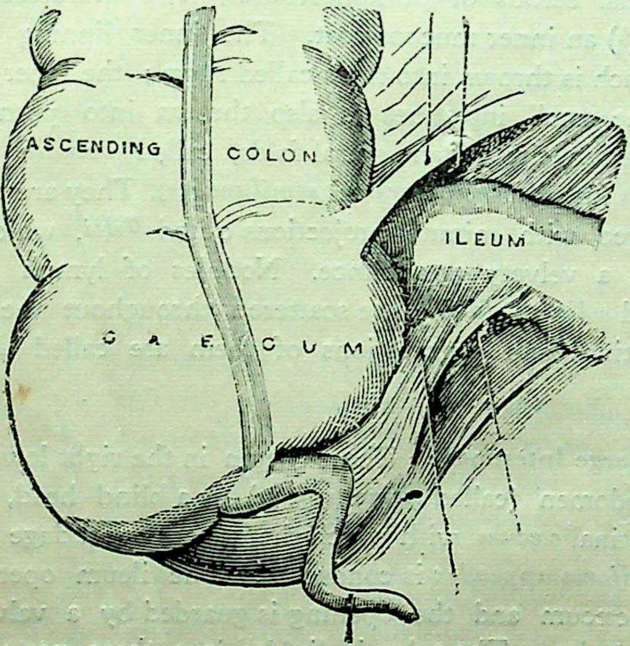

Figure 17—The Cæcum Vermiform Appendix and commencement of Ascending Colon.

tæniæ coli (for tape-like band) along the middle of the colon on its external surface ; (*c*) its possessing sacculation (or pouch-like folds) ; and (*d*) by absence of valvulæ conniventes and villi.

Regarding their stucture, the large intestines have an external peritoneal coat, a muscular middle coat, and an internal mucous coat.

Liver : This is the largest gland (in the physiological sense) in the human body, weighing nearly 50 ounces. It lies immediately underneath the diaphragm, in the right upper part of the abdomen. In health, we can just feel its margin. It is divided, broadly speaking, into a *right lobe* and a *left lobe*, of which the right lobe forms the largest bulk. The hepatic artery and portal vein convey blood to the liver and the hepatic veins remove it. In connection with the liver, two things require attention : (1) the Gall-bladder and (2) the Portal vein. Here we describe their organic constitution. *Portal veins* is formed by the union of the veins of pancreas, spleen, stomach and small intestines. It enters the under-surface of liver in two branches—one for each lobe. Inside the liver, it breaks up and ends in capillaries common to them and to branches of hepatic artery. Hepatic veins arise from these capillaries and carry blood to vena-cava inferior. The *Gall-bladder* is a pear-shaped hollow bag, lying on the under-surface of the liver, beyond whose margins its *fundus* or bigger end slightly projects. Its upper end or *neck* forms the *systic* duct, which runs backwards and medially and joins the hepatic duct to form the *bile duct* or *ductus choledochus*.

Pancreas or Sweet-bread is an elongated gland, lying obliquely across the upper part of the posterior abdominal wall. It has a *head*, a *neck*, *body* and a *tail*. It possesses a *duct*, the Pancreatic Duct.

RESPIRATORY SYSTEM

This comprises the nose, the Pharynx, the Windpipe, the Lungs, and the Diaphragm.

The Nose is a cavity with an anterior and a posterior openings. There are two cavities and two front and back openings, one for each side of the body—separated medially by means of a *septum.* The external aspect

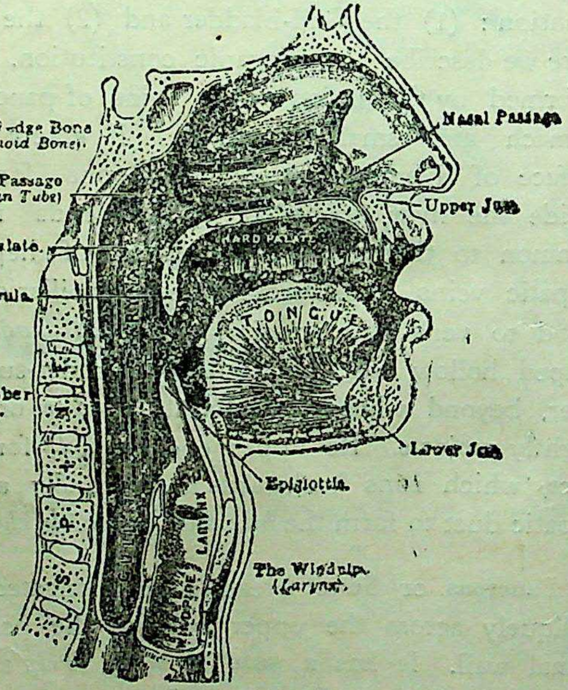
The Wedge Bone
(Sphenoid Bone)
The Ear Passage
(Eustachian Tube)
Soft Palate
Uvula
Throat Chamber
(Pharynx)
Nasal Passage
Upper Jaw
HARD PALATE
TONGUE
Lower Jaw
Epiglottis
LARYNX
WINDPIPE
The Windpipe
(Larynx)

Figure 18—Showing the mouth and Nasal Cavities (in sagita section).

-presents, among others, one *ala* on each side, an ala being the expanded mobile lower part of lateral surface of nose. The *septum* or middle partition is in part bony and in part cartilaginous. From the lateral wall of the nasal cavity, are suspended the superior, the middle and the inferior *turbinate* bones. The whole inside of nose (the nasal cavity or fossa) is lined by mucous membrane and the outer wall of each cavity communicates with the hollow in the upper cheek-bone (superior maxilla) called the Antrum of Highmore. Where the nasal cavities open into the upper part of what forms the back of the mouth (pharynx), it is called the *posterior nares.*

Pharynx is that cavity which forms behind the nose and mouth and freely communicates with them. This is the junction-station as it were of five important structures, *viz.* :

Anteriorly and in its upper part—of the two nasal cavities ;

Laterally—of the two Eustachian Tubes ;

Centrally and in front —of the mouth ;

Inferiorly—of the wind-wipe in front ; and the œsophagus behind.

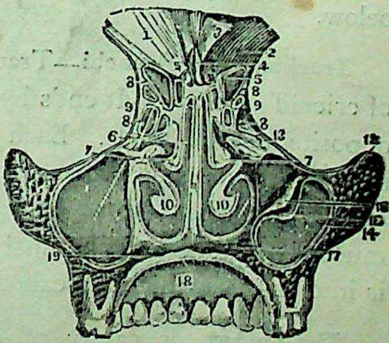

Figure 19—Posterior Nares on view. 18 Upper palate (soft) ; 19 Bony palate arch : 10, 7, 6 Turbinated bones ; 14 Antrum of Highmore. Note how the nasal cavity communicates with the Antrum of Highmore.

For the purpose of anatomical convenience, the upper part of pharynx is called *naso-pharynx*, the central part *oral pharynx*, and the lower part *laryngeal pharynx*. In the oral part is situated the tonsils, one on each side.

Larynx is the organ of voice, arising where the pharynx ends *viz.*, from below back of tongue. It has several cartilages. (1) The *Thyroid Cartilage*, quadrilateral in shape, one on each side, and situated prominently in the front part of neck, where it projects as *pomum adami*. Inside them lie the *vocal cords*. (2) *Cricoid cartilage*—shaped like a signet-ring, is situated below the thyroid cartilage. (3) On the superior border of the cricoid cartilage, lies the *Arytenoid cartilage*, one for each side, and to each of them is attached a vocal cord. (4) *Epiglottis*—is situated at the root of tongue, anterior to the upper aperture of larynx. It is shaped like a leaf. The larynx is lined throughout by mucous membrane, continuous with that of pharynx above, and trachea below.

Trachea and Bronchi—Trachea begins at lower border of cricoid cartilage. It ends by dividing into two bronchi, opposite enteral angle. Each bronchus enters the lung, relating to its side, where it divides into smaller and smaller branches (*bronchiole*) and is lined throughout by mucous membrane. The final termination of a bronchiole is into air-sacs which are called alveoli.

The Thorax or cavity of chest is subdivided into two *pleural cavities* and an intervening region, the *mediastinum*. The latter is occupied principally by the heart. Each lung is covered by a very delicate serous sheet, which is called the *pleura*.

Lungs are soft, spongy and elastic ; they are full of air inside sacs. They are pyramidal in shape with the tapering *apex* projecting into the sides of the neck, the hollowed-out *base* resting on the diaphragm. The left

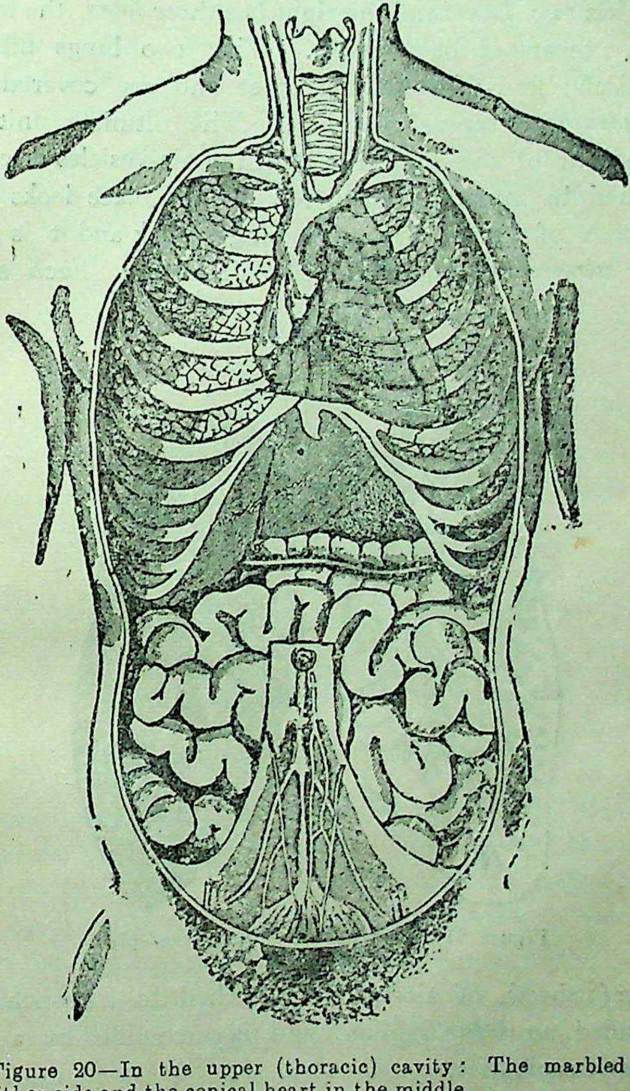

Figure 20—In the upper (thoracic) cavity: The marbled lungs on either side and the conical heart in the middle.

In the lower (abdominal) cavity: Above the coil of small intestines are seen the transverse colon and the liver on the right, and stomach on the left.

lung has two *lobes* and the right has three *lobes*, the lobes being separated by *fissures*. The two lungs fill up practically four-fifths of the chest and are covered by the *pleura*, a serous covering. The ultimate unit or component of the lung is a bunch of air-vesicles or cells, attached to minute bronchiole ; such a piece looks like a bunch of grapes around a single stalk and it is into these *air-vesicles* that ultimately air enters. Each such piece (a sheath of air-vesicles attached to a bronchiole) is called an *infundibulum*, and is surrounded by a net-work of capillaries.

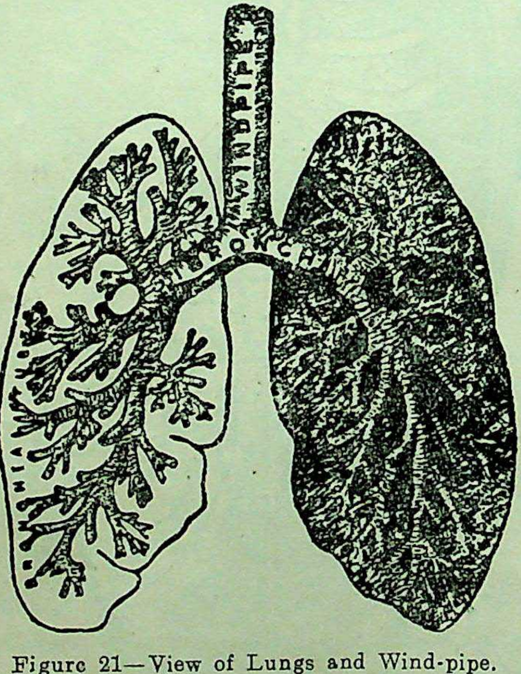

Figure 21—View of Lungs and Wind-pipe.

Diaphragm is the musculo-tendinous partition between the thorax and abdomen. It is attached, in front, to the back part of the xiphoid appendix and to the inner surface of the lower six costal cartilages ; behind, to the bodies of the upper three lumbar vertebræ ; and on the lateral aspects, to the costal arches. It supports on itself the lungs and the heart ; and in the abdomen, immediately below it, lie on the left side, the spleen and stomach and on the right, the liver. Its two *pillars* give support to the two kidneys. Through it pass, from thorax into abdomen, the œsophagus and aorta ; from abdomen into the thorax, pass the inferior vena cava and the thoracic duct and other nerves and vessels.

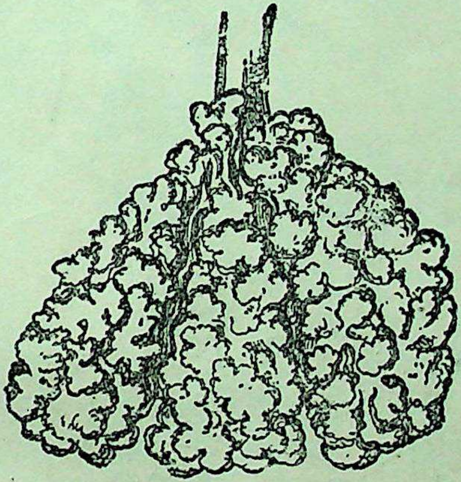

Figure 22—An Infundibulum

URINARY SYSTEM

Urine is a fluid consisting of waste-products picked out of circulating blood. This is done by the two glands known as **kidneys** situated on both sides of the loins, where the ribs end. A kidney is bean-shaped and has a capsule. From it descends a pipe, one on each side, called *ureter*, which conducts the urine as soon as it is formed inside the kidney, into the urinary reservoir called Urinary Bladder. If a kidney is cut into, its outer part is seen to be granular and its inner, made up of striations, pyramid-like in arrangement. It is these latter that are full of the *uriniferous tubules*, which alone can pick up the constituents of urine from blood. The kidneys are

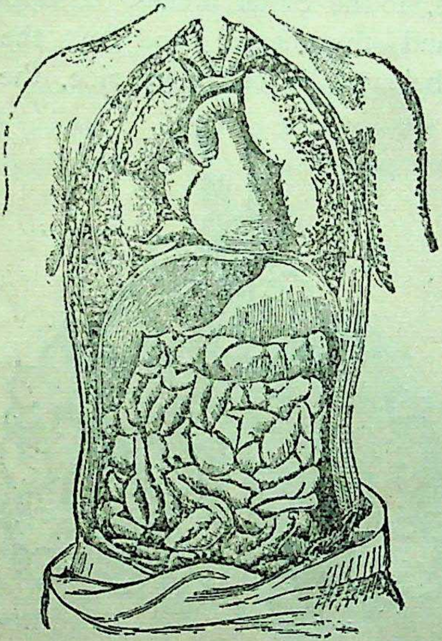

Figure 23—Diaphragm is partitioning off the abdominal cavity from the thoracic cavity. Above lie the heart, in the middle the lungs on each side ; below lie the stomach on the left and the liver on the right side. The spleen is hidden away under the stomach.

full of extra blood-vessels, in order that the largest possible amount of blood may be taken inside it, for the manufacture of urine.

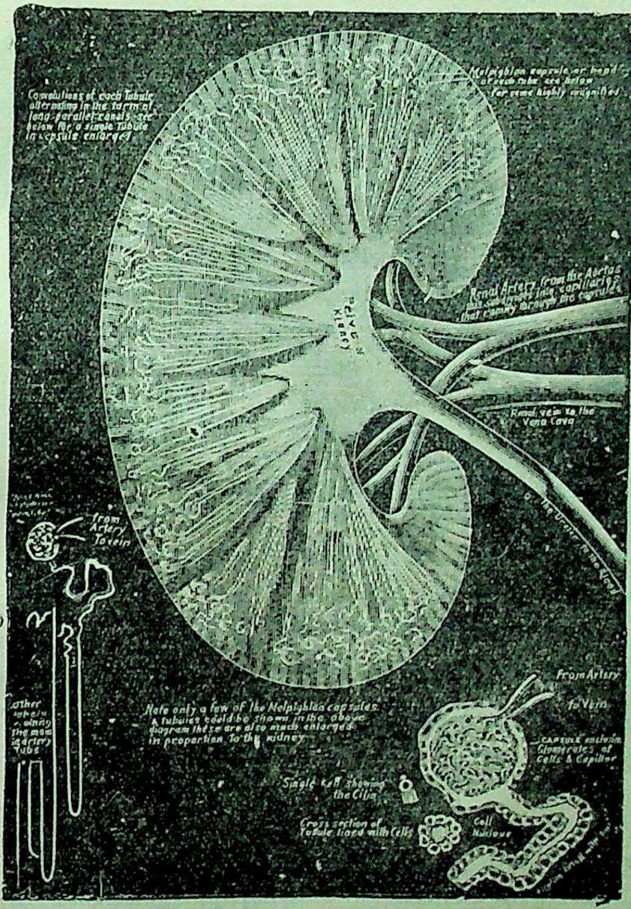
Convolutions of each Tubule alternating in the form of long parallel canals see below for a single Tubule in capsule enlarged
Malpighian capsule or head of each tube see below for same highly magnified
Pelvis of Kidney
Renal Artery from the Aorta subdivided into capillaries that supply through the capsules
Renal vein to the Vena Cava
The Ureter to the Bladder
from Artery
To vein
other tubules along the main collecting tube
Note only a few of the Malpighian capsules & tubules could be shown in the above diagram these are also much enlarged in proportion to the kidney
From Artery
to Vein
Capsule enclosing Glomerules of Cells & Capillar
Single cell showing the Cilia
Cross section of Tubule lined with Cells
Cell Nucleus

Figure 24—Kidney shown in section. The inset figure to the left is that of a complete uriniferous tubule shown as it occur by nature. That to the right, is of a Glomerulus.

The **ureter** is a small pipe possessing worm-like or peristaltic movements, leading from the kidney towards the urinary bladder.

The urinary *Bladder* is a muscular bag for the collection and voiding of urine. It is situated behind the symphysis pubis and is palpable above its brim, only when overfull. In the male, it lies anteriorly to the rectum : in the female, it lies anteriorly to the uterus. The passage whereby the urine is voided out from the bladder, is called the Urethra. In the female, the urethra is only an inch and a half long is nearly straight and is intended only for voiding urine. In the male the urethra is nine inches long, has two bends and serves the double purpose of urination and insemination.

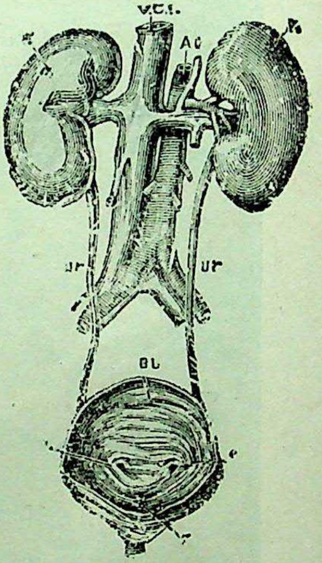

Figure 25—*K.* Kidney ; *Ur.* Ureter ; *Bl.* Bladder ; 2 Opening of Ureter in the Bladder. 1, 1, Opening of Ureter into Bladder.

GENITAL SYSTEM

In the Male—The external organ is the *penis* ; it consists of a body, root (buried in the perinæum) and the conical end or glans. The body of penis is composed of two cylindrical *corpora cavernosa* (the spaces of which become filled with blood during erection of the penis).

and a *corpus spongiosum* urethra, through which urine passes out along the urethral canal. These three are enclosed in a loose fibrous sheath and the entire penis is suspended from the pubis by means of a *ligament*. *Glans*

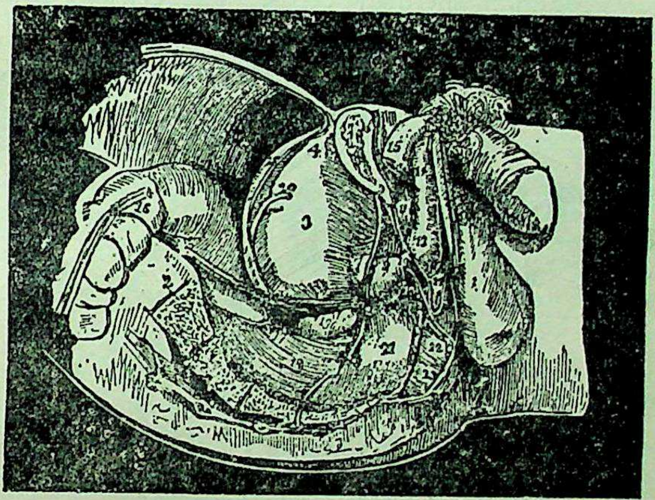

Figure 26—Male Genitals, in sagital section. 2. Sacrum, 3. Urinary Bladder, 16. Sigmoid 15. Cut portion of corpus cavernosum. 13, 14. portions of urethra.

Penis is the pointed anterior end of the penis ; its opening is called the *meatus* ; the projecting margin of its base is called the *corona glandis*, the constriction behind is called the neck of the penis. The skin of the penis is loose and non-hairy and over the glans it is reflected as a free fold called *prepuce*.

The corpus spongiosum and the corpora cavernosa are continued backwards in the *perinœum* (or that triangular portion which is included between the scrotum in front and anus behind). The corpus spongiosum, very near the anus, forms a dilated end, the *bulb*, and thence the urethra passes into the bladder *via* the prostate gland.

The other external organ in the male is the *scrotum* or bag containing the *testes* (one on each side) suspended inside scrotum by spermatic cords. The central partition

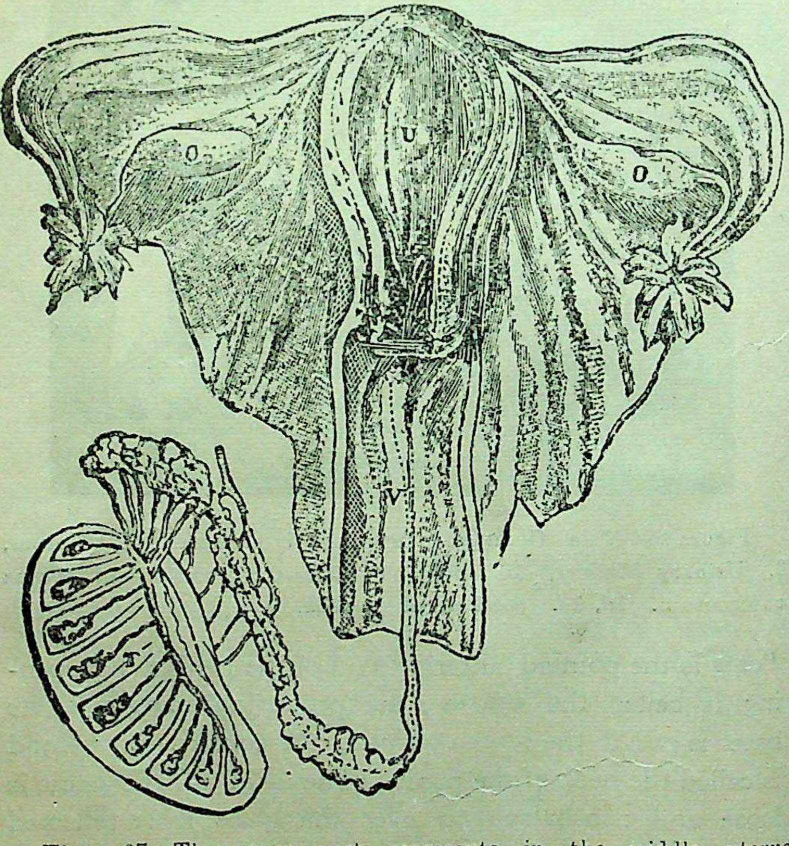

Figure 27—The upper part represents in the middle—uterus (U) (laid open), the two fallopian tubes arising from the two top corners of the uterus and ending below the ovary on each side (O) as fimbriated end. Below the uterus but continuous with it is a portion of the Vagina (V) laid open. Into it has terminated a spermatic cord, which (when traced backward in the diagram as shown leftward) reveals respectively—a vesicula seminalis, globus major of epididymis and a testicle laid open.

of the scrotum is marked on the surface along the middle line by a ridge called raphæ.

Turning now to the internal organs of generation, we have—prostate gland, the testicles, the epididymis, the seminal tubules, the spermatic cord, each of which we briefly refer to here. *Prostate gland* adjoins the neck of bladder and surrounds the beginning of the urethra. It has three lobes and its apex is directed anteriorly. *The testes* are glandular organs, suspended inside the scrotum by the spermatic cords, which are attached to their posterior borders. Each testes consists of (*a*) a body which is anterior and (*b*) the Epididymis, placed posteriorly. On section, each testes is found to be divided into *lobules* and containing the secreting cells and *seminiferous tubules.* The *Epididymis* is a long narrow body consisting of a head (the globus major), a tail, globus minor and a body. *Vas deferens* is a pipe which commences at the lower part of the globus minor to the epididymis, runs along with the spermatic cords to the base of the bladder, becomes sacculated there and unites with the duct of the vesiculæ seminales to form the *common ejaculatory duct*, and open into the prostatic portion of urethra. The *spermatic cord* consists of the vas deferens, the arteries and nerves of the vas deferens and of the spermatic cord etc. *Vesiculæ seminales* are two sacculated pouches placed at the base of the bladder. They enter the prostate in the middle line after joining with vas deferens.

In the Female—The external organs or *vulva* comprise : (1) The *Mons veneris*—which is the hairy eminence in front of pubis. (2) The *Labia majora* are the two lip-like folds extending from the mons to the perinæum; (3) the anterior and posterior junctions of these labia are

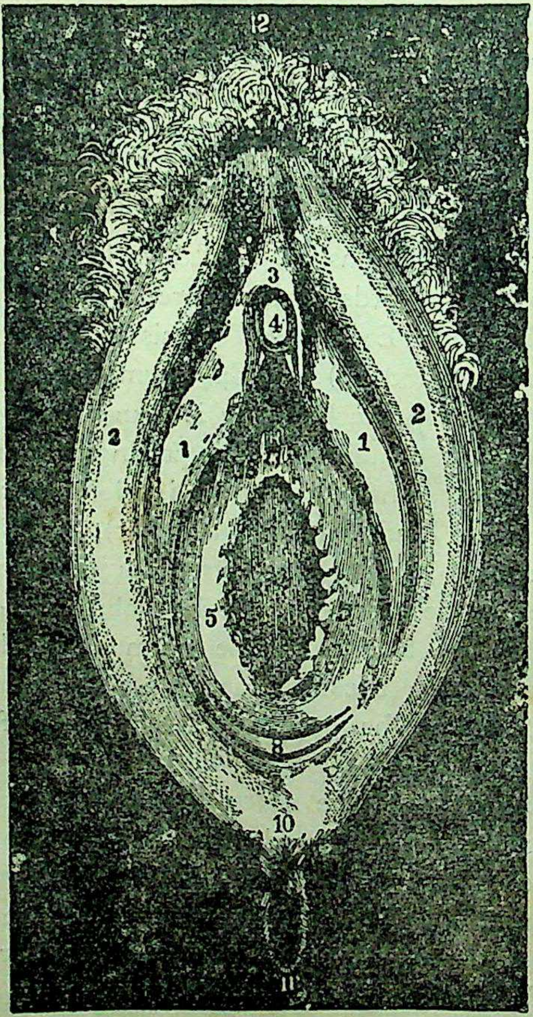

Figure 28—The external female genitalia. 12 Mons veneris; 3 Covering of clitoris; 4 Clitoris; 1 Labia minora; 2 Labia majora; 5 Hymen—covering partially the opening of vagina; 10 Fourchette; 16 Opening of urethra.

called the anterior and posterior *commissures*. A small transverse fold is found in the posterior commissure called the *fourchette*. (4) *Labia minora* or *Nymphœ* are folds of mucous membrane tucked in under the labia majora.

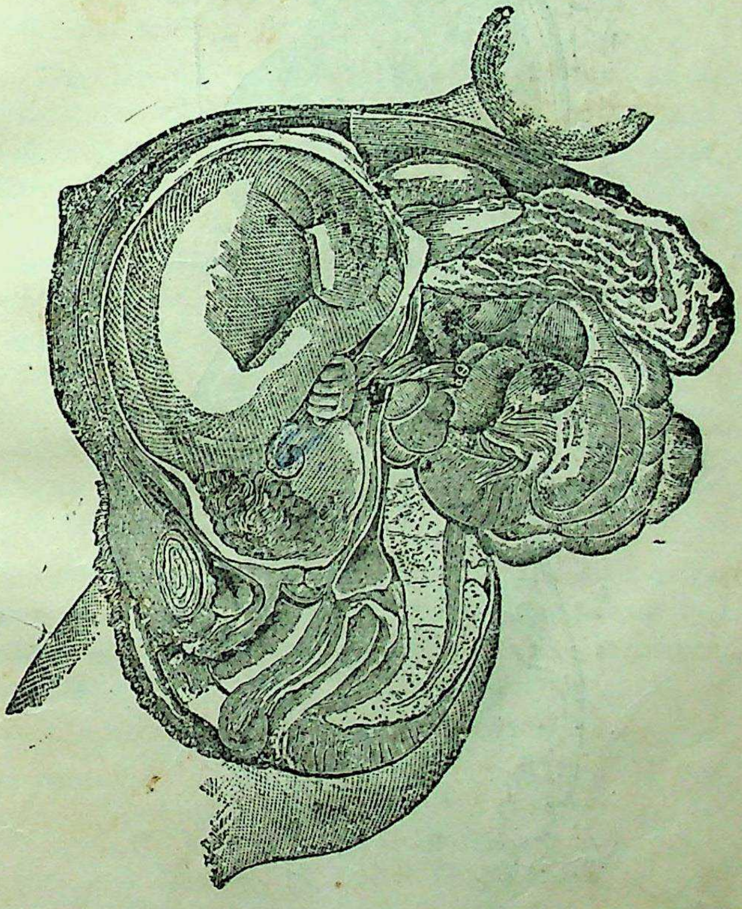

Figure 29—Sagital section of a pregnant woman just before commencement of labour In the upper right hand side, the intestines and omentum are shown shoved aside so as to show the foetus in situ.

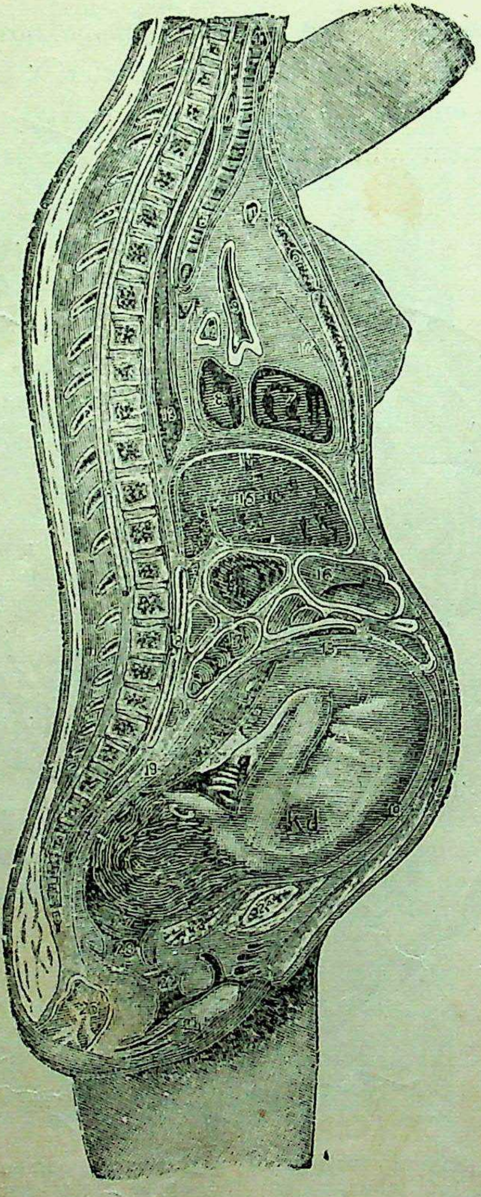

Figure 30—Sagital section of a pregnant woman to show in situ the fœtus, and the uterus in relation to the other bodily viscera.

(5) The *clitoris* corresponds to the penis and is placed just before the anterior commissure. (6) The *urethra* (1½ inches long) is embedded in the anterior wall of— (7) *vagina*, which is a dilated canal, extending from the vulva to the uterus, being about 5 inches long ; its lower end is embraced by the *spincter vagina.*

The internal organs comprise the uterus and its adnexa (the fallopian tubes and ovaries). They are dealt with below. *Uterus* is a pear-shaped muscular organ, flattened from before backwards and suspended in the pelvis between the bladder and rectum. It is 3 inches long and it possesses a broad upper end or *fundus*; *a body* and a neck or *cervix.* The cervix is surrounded by the vagina and the transverse opening at the tip of the cervix is called the *Os.* The uterus and its adnexa are suspended inside to two folds of peritoneum called *broad ligament.* The *round ligaments* are two cords placed between the layers of the broad ligament and they run up to the inguinal canal to be lost in the labia.

Fallopian Tubes (one on each side), 4 inches long, are hollow inside ; they commence from the side of the fundus of uterus and end in a *fimbriated*, free extremity near the ovary.

Ovaries (one on each side) are flattened ovoid bodies corresponding to the testis ; they are situated in the posterior part of broad ligament.

THE EYES

The eyes comprise (*a*) the eye-ball or globe and (*b*) its appendages. The appendages comprise these: The *Eye-brows* which are arched eminences surrounded by hairs, situated over each orbit. The *Eye-lids* (upper and lower)—are two movable folds, their inner and outer meeting points being called the internal and external *canthus*. In the inner canthus there is a fold of conjunctiva, called *plica semilunaris*. Opposite this, on the margin of each eye-lid is the *lachrymal papilla*, which is pierced by the *punctum lachrymale*, or the opening of the lachrymal canal. The *lachrymal gland* is situated in the upper angle of the orbit (the orbit has been described along with skull bones). It has a dozen *ducts* which open by apertures placed in a row at the inner surface of the upper lid. The *lachrymal canal* commences at the puncta lachrymalia and pass inwards to open into the lachrymal *sac*.

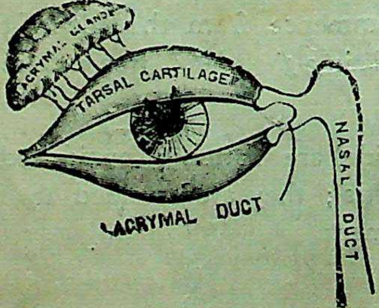

Figure 31—The eye and its appendages, also its communication channel with the nose.

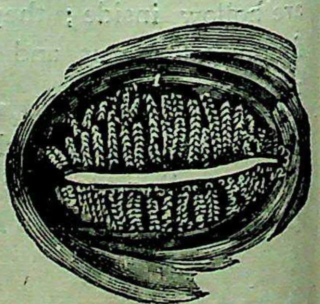

Figure 32.—Back of eye-lids.

The eye-ball or globe is situated inside the orbit. It consists of :

Three Coats	first	Sclerotic—in the posterior part Cornea—in the anterior part
	second	Choroid—in the posterior part Iris—in the front part
	third	Retina,

and

Two chambers	Anterior Posterior

and

Three Refractive media	*Aqueous* Humor—in anterior chamber Crystalline—*Lens*—on partition wall *Vitreous* Humour—in posterior chamber.

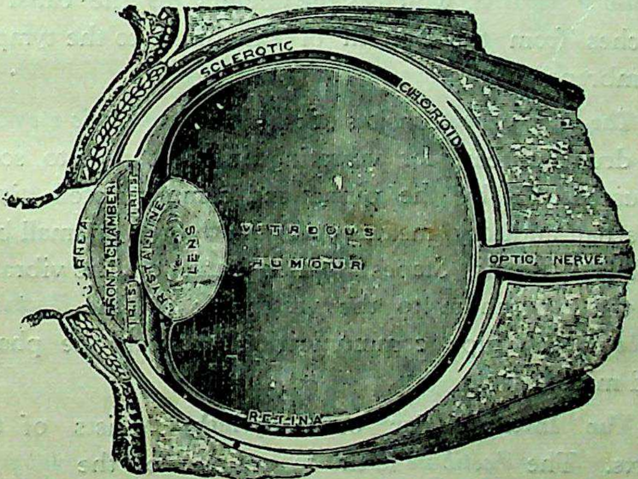
SCLEROTIC
CHOROID
CORNEA
FRONT CHAMBER
IRIS
IRIS
CRYSTALLINE
LENS
VITREOUS
HUMOUR
OPTIC NERVE
RETINA

Figure 38—The eye-ball in section. The optic nerve (right side), spread inside the vitreous chamber (the bigger one) as retina. The chamber contains vitreous humour. The crystalline lens is seen between the anterior and posterior of vitreous chambers.

It is kept in place by the *Optic Nerve*, which originates from base of brain and piercing the eye-ball from behind expands inside it as the retina. The eye is moved by a set of muscles situated on its outer surface, but inside the orbit. The *cornea* is its anterior transparent part. The *Iris* is the coloured member suspended in the aqueous humour in front of the lens.

THE EAR

The External Ear consists of : (*a*) the *pinna* or the cartilage which focuses sound and (*b*) the *external auditory meatus*, which is the opening to the canal that reaches from the bottom of the pinna to the tympanic membrane.

The Middle Ear consists of : (*a*) the *tympanic membrane* or drum of ear, for vibrating in response to sounds focussed on it by the pinna and communicated *via* the external auditory meatus ; (*b*) the *Ossicles* or small bones (Malleus, Incus, Stapes), which carry on the vibrations of the tympanum to the vestibule ; (*c*) the *Eustachian Tube* or the pipe communicating between the pharynx and middle ear.

The Internal Ear or **Labyrinth** consists of three parts. The *Vestibule* is the central part of the *labyrinth*. The *semi-circular canals* are three arched osseous canals, placed above and behind the vestiblue. The *Coachlea* is the tapering spinal end, wherein are distributed the inferior branches of the *Auditory Nerve*.

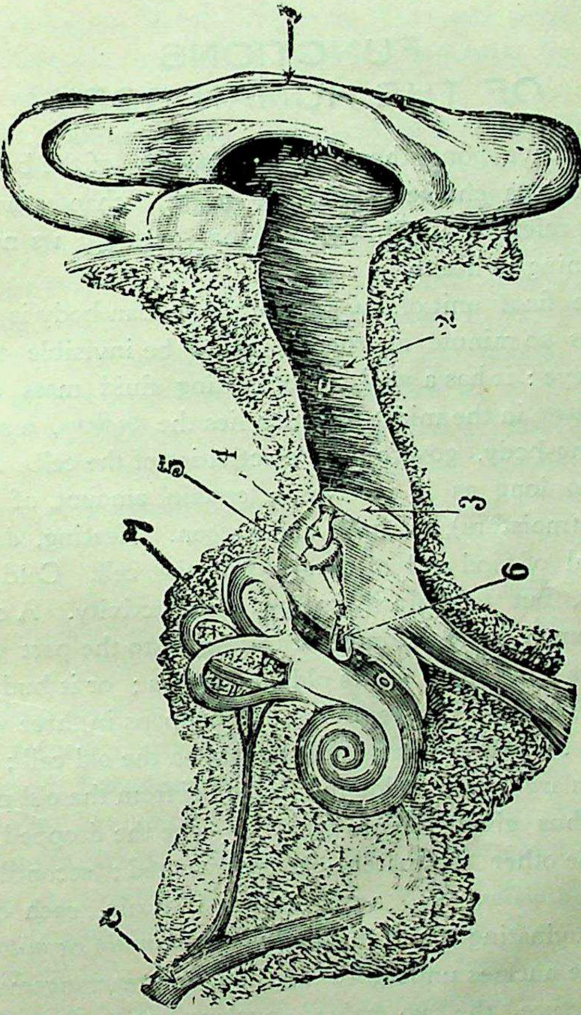

Figure 34—1 Auricle of ear. 2 External auditory canal. 3 Tympanum. 4 Malleus. 5 Incus. 6 Stapes 7 Semi-circular canals. 8 Auditory Nerve. From 1 to 3 is the external ear ; 4 to 6 is the middle ear ; 7 and 8 is the internal ear.

FUNCTIONS OF THE HUMAN BODY

We have gone through the anatomy of the body in the previous chapter, and now in this chapter we will briefly refer to its Physiology—that is to say its normal functioning in health.

The final unit of any part of the human body is a *cell.* This is so minute a structure as to be invisible to the naked eye : it has a *wall*, a permeating fluid mass called *protoplasm* in the midst of which lies the *nucleus*, a sort of directing-body, governing the activities of the cell. A cell lives so long as it receives a certain amount of food, water (moisture), warmth and oxygen. Heating, drying, deprival of food and of oxygen kill the cell. Cold may not kill, but temporarily suspend its activity. A cell of the human body is more or less fixed to the part where it grows ; in time it grows old and decays ; or it buds into two new cells. Cell-reproduction happens in three ways : firstly, by *fission i.e.*, a bud appears on the old cell ; this bud enlarges and suddenly drops off from the old parent cells, thus giving rise to two cells—one the dropped bud and the other the parent-cell rejuvinated ; secondly, by simple *division—i.e.*, a cell divides in twain, each of the two rejuvinating ; and thirdly by *karyokinesis* or *mitosis—i.e.*, the nucleus undergoes division and rearrangement of its structure, the two halved nucleus run to the poles of the cell and thence effect the division of the cell into two. The food and oxygen that cells receive are brought to them by the circulating blood. The cells pick up nourishment and oxygen from the presenting blood and give up to blood CO_2 and the waste products of their body-activity, called *metabolic* products. So much about cells in the abstract.

Cells undergo modification according to the needs of a part and their modifications sometimes make it difficult to recognize them. Thus, in the nail, they form compressed horny masses ; in the wind-pipe, they have hairy projections (*cilio*) ; in the muscle, they are spindle-shaped and long ; in the testicle, they get tails ; in the stomach, they look like white goblets and so on. It fact, in the body, groups of cells aggregate together to form *tissues*, with special purpose to serve. We thus get bony tissue, nerve tissue, muscle tissue and so on. Tissues make up the constituents of *systems*.

DIGESTIVE SYSTEM

The object of digestion is to render food-matter fit for absorption and having rendered it so, to get it into the blood (assimilation). Digestion then includes three processes—liquefaction of food matter, its absorption and assimilation. To render food fit for absorption, it has to be cut up and pulpified, and by means of chemicals, transformed into such a form as is acceptable (absorbable) to the delicate mucous membranes of the alimentary canal. All the various kinds of food that we take, can be roughly divided into the following six classes.

I. *Protides* or *Albuminates*—Which include meat, milk, eggs, fish, dal, peas, beans, bolled or curdled milk (chhana), gluten of flour, etc. These are all flesh-formers.

II. *Carbo-hydrates* or starches and *sugars*—They include rice, wheat, maize etc, flour, vegetables, potato, roots, tubers, sago, barley, arrowroot, sati, sugar, jaggery, honey, etc.

III. *Fats* (*hydro-carbons*)—which include butter, ghee, lard, oils and nuts. Fats and carbohydrates give heat and energy to the body.

IV. *Salts*—chief among which are sodium chloride (ordinary table salt), calcium salts, phosphates, etc.

V. *Water*—as such and also as constitutent of food-stuffs.

VI. Besides these there is a stuff called *Vitamin* (or, more correctly, Fat-soluble-A, and Water-soluble-B etc.) the presence of which in food is said to impart health and whose absence in food-stuffs leads to disease and death, in spite of abundance of food. Vitamins exist only in *fresh* vegetables and animal juices.

Protides as such are not absorbed by the alimentary system. They have to be converted into soluble amino-acids ; Carbo-hydrates have to be converted into monosaccharids *i.e.* glucose, fructose, etc. Fats have to be emulsified, and split into fatty acids. How all this is effected we trace below.

(1) *In the Mouth* :

TEETH—cut, tear and crush into pulp all solid substances.

TONGUE—This first process is the most vital (though neglected) of all digestive processes. By relishing food, it reflexly increases the secretion of saliva. Saliva not only softens the food but helps the conversion of starches into dextrose ; the tongue helps to turn and turn over the bolus of food and also to shove it down into œsophagus.

(2) *In the Œsophagus* :

The food is not in any way affected. It is simply passed down into the stomach.

(3) *Inside the stomach* :

MILK—is curdled by Rennin (secreted by stomach).

PROTIDES—are converted into soluble peptones and albumoses, by the action of pepsin and hydrochloric acid (both of which are secreted by the glands of stomach).

(4) *Inside Duodenum* :

BILE—dissolves and emulsifies fat ;
PANCREATIC JUICE—converts starch into maltose ;
SPLITS fat into fatty-acid and glycerine ;
Converts protides into Polypeptids,
Peptones and amino-acids.

(5) *Inside Small Intestines*, its juice—Succus-entericus—
Converts starch into maltose, acids, etc. ;
,, protides into amino-acids ;
Emulsifies fat.

When food has been so prepared for absorption, it is *absorbed* into the system and thrown into the general circulation, there to be *assimilated* into our system. Absorption begins from the mouth and continues right down to large bowels. It is however greatest in the large intestines. The channels of absorption are as follow :

FATS—are absorbed by the mucous membrane of small intestines ; through their villi fats are transferred, *via* lacteals, into thoracic duct and thence into the right side of heart, *via* innominate vein.

PROTIDES, CARBO-HYDRATES and SALTS are absorbed from the mucous surfaces of the alimentary tract and through their veins reach the liver, *via* portal vein. From the liver, after undergoing the necessary chemical alterations, the absorbed food passes into the vena-cava inferior, to be thence delivered into the right auricle and thus commingled with the general circulation.

Thus we find that digested food is absorbed and thrown into the general circulation. Blood thus laden with digested food material, flows to each individual cell of the body and affords it the necessary nourishment. This then is in short the story of digestion.

RESPIRATORY SYSTEM

The act of respiration consists in (*a*) absorbing oxygen into blood ~~and~~ (*b*) giving out carbonic acid gas (shortly called CO_2 from the blood. Each act of respiration includes one act of *inspiration* (or drawing air from outside into our lungs) and another of *expiration* (*i.e.*, giving out of impure or CO_2 laden air from the lungs into the outer air). In health, in a minute, we take about 18 respirations. The act of respiration is partly mechanical and partly (reflexly) nervous. Elastic recoil of muscles like the diaphragm and the intercostals (*i.e.* those muscles that are attached to the ribs), the tilted condition of the ribs themselves, the lungs being placed inside the practically closed cavity called thorax—all these help to mechanically carry on the act of respiration. But the most important factor in carrying on the act, is the stimulus to the nervous system, caused by the accumulation in the blood of excessive carbonic acid gas. The moment this gas accumulates in excess in blood, a strong impulse is sent down, by the nervous system, to all the muscles concerned in carrying on the respiratory act, to act vigorously and quickly—and respiration is the result. Normally, in health, such an impulse is being continually sent out by the nervous system in response to the accumulation of CO_2, in blood and this is what automatically carries on the act and keeps us alive.

In this connection, it will be well to become acquainted with certain technical terms. The amount of air constantly going into and coming out of the lungs, is called *tidal* air. The quantity of air that can be drawn into the lungs by the deepest act of inspiration is called the *complemental* air, that quantity of air which can be forced out by the strongest expiratory effort, is called *suplemental* air. *Vital capacity* is the sum total of tidal, complemental and suplemental airs (230 cub. inch of air). *Asphyxia* is a condition of stoppage of breathing ; *dyspnœa* is difficult or embarrassed breathing. *Orthopnœa* is a condition of difficult breathing eased by sitting down.

CIRCULATORY SYSTEM

Blood as we have seen elsewhere, is partly fluid (plasma) and partly solid (red and white corpuscles).

The *plasma* is the fluid that is carried to each individual cell of every part of the body—to give oxygen, salts and food material to the cells and to take from cells, their waste or metabolic products. When blood clots, the straw-coloured transparent fluid that remains is called *serum*. The fluid which continually exudes from blood-vessels into the tissues is called *lymph*. Plasma is the fluid part of blood, serum is the fluid left after clotting of blood ; and lymph is the exudation from blood-vessels into tissues. The proportion of salts is greater in lymph than in plasma.

If we take a vessel and partition it off by an animal membrane into two non-leaky compartments ; if then we put into one compartment (*a*) say two ounces of water containing ten grains of table-salt to the ounce and into the other compartment (*b*) two ounces of plain (unsalted) water ; we will find that, after a time, both sides contain the same amount of salt per ounce—*i.e.*, 10 grs. salt from compartment (*a*) have travelled, *via* the solid animal membrane, into compartment (*b*) while nothing has travelled from (*b*) to (*a*). This diffusion of salt through animal membrane, till the solution on both sides is equal physically, is *osmosis*. This process of osmosis is very constantly going on inside our body. Blood laden with food matter and freshly charged with oxygen, is sent out from the heart by arteries, *via* the aorta, to all parts of the body. The arteries become smaller (arteries) and smaller till they become minute tubes with walls made up of a single layer of cells (capillaries). It is in this condition (capillaries) that blood-vessels surround cells to facilitate osmosis between the fluid inside or surrounding each individual cell and the fluid slowly flowing through capillaries. It is thus that cells give to the plasma in the capillaries (*via* the lymph surrounding the cells) whatever effetematerial they have to give up ; and it is lymph oozing out of the capillaries that carry oxygen and food matter to cells. Circulation then is the interchange of waste products on the one hand and food material and oxygen on the other, between blood and cells.

Turning to the solid constituents of blood, we find two kinds of corpuscles—red and white. There are approximately 5,000,000 red blood corpuscles (R. B. C.) and 6000 white blood corpuscles (W.B.C.) to each cubic millimeter of blood.

Red corpuscles—These give to blood its scarlet colour. In man, they are non-nucleated, elliptical discs. They contain a substance called *hæmoglobin*, which greedily comblines with oxygen. Red corpuscles are being constantly destroyed in the body and changed into pigments for colouring bile fæces, urine. They are being regenerated from bone marrow, spleen etc.

White Corpuscles—These are irregularly sized, nucleated bodies that are capable of wandering about (amœboid movement) and extruding out of the vessel-walls (diapedesis). They serve as the scavengers of the body—in that they can absorb into their body and thus remove dead tissue. They are also the soldiers of the body, because they have the power of eating up (called *phagocytosis*) and absorbing intruding foreign germs.

A word here with reference to *inflammation* will not be amiss. A combination of localized heat, redness, swelling and pain goes by name of inflammation. What happens when a part is inflamed ? Or, rather, when a foreign body enters any part of our body, what occurs? As soon as a foreign body enters any part of our body, the blood-vessels there dilate (vasso-dilatation) producing what is called *congestion* or *determination of blood* to the part *i. e.*, an extra amount of blood is supplied there. There being an extra amount of blood, the number of leucocytes or rather phagocytes (foreign-body eaters) also increases tremendously. What happens is that an extra amount of lymph is exuded from the capillary walls to bathe the part and an army of phagocytes run pell-mell towards the intruder to swallow it up and to remove it. If the foreign body can be quickly removed, the congestion slowly subsides as soon as the intruder is disposed of. But if the srruggle is keen and prolonged, so many phagocytes accumulate locally, that it looks white—pus is formed in other words. Pus then is dead leucocytes, massed together and floating in lymph. We can now understand why the part looks red (because there is too much blood supply), why it is swelled (due to the same cause), why it pains (because the extra amount of blood presses on the nerves), and what pus is.

Reviewing the circulatory process, we find that :

(*a*) The Heart—is the central pump, into which fluid from all parts of the body flows ; and from which fluid is thrown into all parts of the body.

(*b*) The arterial system—conveys pure (*i. e.* oxygenated and food-laden) blood from heart to all parts of the body. The arteries become smaller and smaller till they merge into—

(*c*) The Capillaries—which exude lymph so as to bathe every cell in the body and which are reinforced in this work by lymph-vessels, that carry to and from distant overflow-areas all the available lymphs. And finally we have—

(*d*) The Venous system—that picks up all waste-riden blood back into the right side of the heart to be oxygenated in the lungs.

URINARY SYSTEM

All the absorbed food-matter that passes from the intestines into the portal vein, is rich in protein and carbo-hydrates. The protein eaten is converted into amino-acid by digestion, absorbed by intestinal villi; and the amino-acids pass into the liver. In the liver, the amino-acids are broken up into urea and thrown into the blood. Also, all proto-plasm and all muscles give off ammonia, which is synthetized into urea in the liver. It is this urea which is picked up from the circulating blood that gives to urine its name. Urine however is not a solution of urea only. Urine contains a lot of water in which are dissolved urea, uric-acid, sodium choloride, sulphates, phosphates, urobilin (the pigment which gives to urine its normal straw colour.

Kidneys, thus, do not manufacture any ingredient of the urine; they simply intelligently pick up from the blood presented to them, such of the waste products as are harmful to the system. To ensure such activity, the kidneys are richly supplied with the blood-vessels and an enormous length of tubules. A review of the work done by the kidneys fills us with wonder and amazement.

The amount of urine excreted in health per diem varies with age, sex, temperature and humidity of weather, kind and quantity of food and drink, amount of clothing, exercise and so on. But, on an average, we pass 50 ounces of urine daily, whose specific gravity ranges from 1010 to 1020, whose reaction is slightly acid. An examination of the urine therefore affords us a lot of informations about our diet (specially protiae-diet) and how we have been able to dispose of it.

CUTANEOUS SYSTEM

The skin contains two sets of glands, one of these secretes sweat (perspiration) and the other sebum or fat that keeps our skin smooth, soft and velvety. The 'pores' which we see on our skin are the mouths of sweat-ducts. Sweat is a watery, alkaline and saltish fluid. In 24 hours we give out about a pint of fluid by our sweat. Places as are subject to considerable wear and tears or become horny and such as are intended to be sensitive are richly studded with specialized nerve-endings, called touch-corpuscles, as on palms, fingers, etc.

GENITAL SYSTEM

In the male, testicles secrete a fluid rich in spermatozoa and this fluid in conjunction with that from prostate and seminal vesicles, forms what is called *semen*. It is the living spermatozoa found in abundance in the semen discharged, that carry the seeds of fruitfulness in the sexual congress. Semen, from which spermatozoa are absent, is infructuous ; semen rich in it, is successful. Semen however does not exist ready made inside any part of our body. It is the orgasm of sexual act that calls forth its secretion then and there, and muscles of the urethra are so arranged as to throw the semen forcibly forward so that not a drop of it may be lost nor misplaced.

IN THE FEMALE, we have the ovaries which periodically dischrage *ova* (or microscopic seed) all through sexually active life (from age 14 to 50 in this country). Whenever ova are discharged, the fimbriated end of the fallopian tubes catches them and leads them on into the inside of the uterus, If an ovum meets a spermatozoon, they unite and grow into an offspring (fœtus). If no meeting occurs, then the ova are extended from the uterus, per vaginum, into the air. The inside of the uterus is lined by a lining called *endometrium*. This lining is renewed every twenty-eight days, when bleeding from genitals occurs. This monthly bleeding (lasting on an average four days) from the uterus, during the renewal of its lining, is called *menstruation*. Menstuation is thus cœval with active sexual life.

The inside of the vagina is thrown into transverse folds so as to retain, and thereby prevent from loss, all the semen that may be thrown into it.

NERVOUS SYSTEM

As a detailed study of the nervous system is impossible without a practical dissection of the parts we content ourselves with the barest outlines of the system. We enumerate below the functions of the several parts of the nervous system.

Brain or Cerebrum exercises three principal functions, which are amplified within brackets in the following table.

- Cerebrum
  - Knowing
    - Consciousness
    - Memory
  - Feeling—Interpreting sensation and not merely receiving them
  - Willing
    - Voluntary muscular movements
    - Co-ordination of muscles in acting
    - Inhibition of muscular acts
    - Glandular activity

In other words, we are *conscious* so long as our brain is active and consciousness in also dependent upon the integrity of the blood-supply of the brain. All *memory* works (*i.e.* linking up of past experiences and impressions) is the result of brain activity. Feeling is not mere receiving of sensation—that is the work of sensory nerves. For example, when we swallow lime the pain is 'felt' in the stomach, but is 'interpreted' by the brain as a gripe, a feeling of discomfort. All *muscular movements* are at the control of brain ; we can order our hands to move or we can hold back the hands from moving (*i.e.*, inhibit their movements). Glandular activity is also in part the result of activity; thus, when we see dainty food, our mouth waters (*i.e.* the salivary glands of the mouth secrete). This kind of activity is called *Reflex Action.* It means that there must be a sentient surface away from the brain, which when stimulated sends up the sensation to brain, which latter in turn orders either muscular or glandular activity. It is like a needy son sending a wire to his guardian who, on receiving such message, immediately sends down the necessary helps. Reflex act then is such a muscular or glandular activity, as is occasioned by order of the brain, in response to some sensory surface having been stimulated. This is the reason why the watering of mouth at the sight of food is called reflex act.

CEREBELLUM is connected with maintenance of our equilibrium by co-ordinating muscular movements.

MEDULLA OBLONGATA *or* BULB contains the governing centres of the following vital functions :

(*a*) Heart-beats ;

(*b*) Keeping Blood vessls in a state of tonic contraction (vaso-contraction) or of dilatation locally (local vaso-dilatation) ; or in other words it governs the state of muscular activity of blood-vessels (vaso-motor) ;

(*c*) Respiratory act ;

(*d*) Swallowing, voice production, salivary secretion, expression.

SPINAL CORD—Performs a double function—(*a*) it contains secondary centres for certain acts ; and (*b*) it conducts impulse to and from brain. As regards its possessing centres, we find the following acts being governed by centres in the spinal cord :—

(*a*) Centre for maintenance of muscular tone ;

(*b*) Centre for controlling the action of sphincter muscles, guarding the neck of urinary bladder and the orifice of anus ;

(*c*) Centre for bringing on contraction of uterus ;

(*d*) Centre for calling forth the erection of penis.

The other function of the spinal cord is to send up (different) impulse or sensations, received at any of the body surface or organs, to the cortex of the brain *via*, medulla, pons and cerebellum, and to send down impulse calling for muscular or glandular activity from the cortex of the brain, *via*, in succession, the cerebellum, pons, medulla, spinal cord and spinal nerves, to the muscles or glands concerned.

SYMPATHETIC SYSTEM—Governs four main functions, *viz.*

(*a*) Quickening action of heart (cardio-acceleration ;

(*b*) Regulates calibre of blood-vessels (vaso-motor action) ;

(*c*) Governs peristalsis of stomach, intestines, and uterus ;

(*d*) Governs secretory activity of abdominal viscera.

It will thus be seen that, though each individual part of the nervous system has clear-cut function, we must at all times think of the nervous system functionally as one unit, inter-dependent upon and co-relating with each other.

ORGANS OF SPECIAL SENSE

Whatever we see is seen by the brain, the retina affording an image of the object seen, to form on its surface. External vibrations set up vibrations in the tympanum, which ultimately irritate the minute fibres of the auditory or 8th cranial nerve in the cochlea. This irritation of the fibrils of the auditory nerve is interpreted as a sound by the brain. Similarly, smells stimulate the branches of the olfactory nerve high up in the nose, but the nature of the smell is interpreted in and by the brain. Thus it is truly said, that we see with our mind, not with our eyes, hear inside the brain not in the ears, though by habit, we refer the sensations of sight and sound to the eyes and ears respectively. Thus it is allowable to ask—Where shall I grasp Thee, Infinite Nature,—Oh, where !

HOMOEOPATHIC
FAMILY PRACTICE

HOMOEOPATHIC FAMILY PRACTICE

INTRODUCTOIN

Having prepared the way for an intelligent understanding of the workings of human body in health, we now pass on to a study of it in diseased conditions. Preliminary to it we include herein an introduction to the same, as well as a brief narrative of the master, his life and his achievements.

Drugs : We often hear of the words 'medicine,' 'drug,' 'remedy' and also of the phrase, 'Practice of Medicine'. It is important to have a clear conception of the terms. A *drug* is an original, simplex substance, organic or inorganic, which when used on our system, in health, can produce illness ; and, when used correctly in illness, can restore us to health. Opium, Arsenic, Mercury etc., may be cited as examples. A *medicine* usually refers to a substance taken *internally* when we are ill and may be a simple original substance or a combination of one or more of them. A *remedy* is anything that can counteract or remove any defect in our health, and it includes spells, charms. fetish, etc. *Practice of Medicine* is that branch of the healing art, which seeks to cure diseases by other means than surgical.

What is Homœopathy ! Many people have an idea that medicines have the property of healing diseases and that they have no intrinsic action of their own on our system when taken in health. But the fact is that almost every medicinal agent, when taken in health, produces its own individual symptoms. Thus when an overdose of arsenic is taken vomiting, purging and thirst set in ; when an overdose of opium is ingested, it induces constipation, stupor etc. Now, there are certain diseases, too, in the course of which we meet with *similar* symptoms. For example, in cholera we get incessant vomiting and purging with much thirst , in certain diseased conditions we get 'coma,' or a state of deep unconsciousness and oftentimes constipation too. A homœopath seizes hold of these two things—(*a*) the symptoms produced by a drug on a healthy man's system, and (*b*) the various symptoms produced in course of several diseases ; and intelligently fits in the two, finding out the largest number of their points of contact ; and he does something more—he uses a very tiny dose of a drug. A homœopath, for example, face to face with a case of cholera, will select a very small dose of arsenic, as soon as he meets with the symptoms—incessant vomiting, purging, insatiable thirst. The three cardinal points of homœopathy, thus, are—

(*a*) Use of medicines, the totality of whose symptoms are *similar* to (but not necessarily the same as) those produced by the disease in question ;
(*b*) Use of a *single* drug at a time ; and
(*c*) Use of *minimum* dose.

Age of Homœopathy : The law of 'Similia Similibus Curentur' or the 'Law of Similars' was accepted by the Hindus in their ancient medical works as it would be evidenced by following expressions from the Nidana :—

समः समं शमयति, हेतुर्व्याधि विपर्य्यस्त विपर्य्यस्तर्थकारिणां and विषस्य विषमौषधम्। The Greeks too accepted this great law; but it remained for the great Hahnemann to plant for all times the immortal standard of the Law of Similars more than a century ago.

Life of Hahnemann: The great apostle of the 'Law of Similars' was Christian Frederick Samuel Hahnemann. He was born on the 10th April, 1755, in the town of Messen in Saxony (Germany). His father was a porcelain painter and young Samuel had to assist his father in the daytime and learn his lessons at night. Under such difficulties he pursued his studies of Greek, Hebrew, Arabic, Latin, Italian, Spanish, Syrian, French, German and English languages and gained his laurels in medicine and chemistry. "One small head carried all that he knew—and his prodigy of erudition easily acquired the pseudonym 'Dophelkopf,—*i.e.*, a double-headed prodigy of erudition and genius. In his 24th year he won his M.D., degree and in 1782 he married Henrietta Kuchler, an accomplished German Lady. He was then appointed Senior Surgeon to the Dresden Hospital, which he quitted for private practice in a small village near Leipzic. This he threw up in disgust, born of uncertainty of the action of the medicines then in use. He turned to his chemical studies and eked out a meagre living by translating scientific works into the German language. There was illness among the children in his family and as an agnostic in the medicines of the day, he let them suffer in silence rather than treat his darlings with the uncertain medicines.

Oh, the suspense, the fearful and agonising suspense, of sitting idly by, while the lives of those he so dearly loved trembled in the balance ! Yet he did hot lose heart, for he believed that in His providence God has surely remedies for his sickening sons and for suffering humanity at large. And he simply patiently waited for the time when God would reveal the remedies to him.

And the opportunity was not slow in coming. In 1790 weile he was translating into German Cullen's Materia Medica, amongst others, he came across Cinchona or the Peruvian Bark and noticed properties of it somewhat antagonistic to each other. And arguing by analogy, that Cinchona cured ague, he thought that Cinchona might give rise to ague-like symptoms, if taken in health. He began to try its effects on his own system. He had only to try the effects of Cinchona on his own system to be convinced that it produced symptoms similar to those of ague. This led him to try in succession several other drugs on his system and all these trials revealed to him the welcome truth of "***Similia Similibus Curentur.***" Thus, like the discovery of law of "Gravitation" by Newton, Hahnemann easily discovered the law of similars.

In 1796 he published his researches in the foremost medical journal of the time, the ***Hufeland's Journal*** ; it made a stir and brought him devoted friends and implacable but interested enemies. Nothing daunted, in 1805 he published the "Fragmenta De Viribus" in Latin—the Homœopathic Materia Medica, containing the provings"[*]

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[*] **"Provings" are records of symptoms produced on the healthy body by single drug taken internally.**

of twenty-seven remedies ; and in 1810 came out his immortal "Organon" a very learned disquisition on homœopathy and a slashing exposition of the rottenness of such barbarous modes of treatment as blood-letting, unfortunately too much in evidence at that time. All these achievements won him the newly founded chair on Homœopathy at the Liepzic University which he occupied from 1812 to 1821, witn credit alike to himself and to the chair, but his enemies and prosecutors ultimately hounded him out of Leipzic in 1821 into the humble town of Kothen. Here unexpected good fortune awaited him. During the fourteen years of his sojourn here, he won Royal fovour by his professional skill and as a Royal Physician as well as a general practitioner, his skill was very widely appreciated. In 1828 he published his "Chronischen Krankhoiten"—which very easily earned for him world-wide fame.

To Hahnemann belongs the credit of realizing the potentiation that drugs undergo while being divided and subbivided, in the process of trituration etc. Recent scientific researches have proved that when a chemical compound is dissolved in a large amount of any solvent, or triturated or agitated, a dissociation of its molecules occurs and electrical energy develops in the solution ; the originally inert chemical acquires thereby a force, the possibilities of which are immense, (see *Medical Era*, 1901). With a prophetic vision, the great Hahnemann described these changes in his Organon hundred years ago as the *theory of potentiation* or *dynamization*. He was led to his discovery by noticing how drugs in large doses (doses that were, and even now are, considered "medicinal" by allopaths) at first aggravated diseases and then cured them.

The rest of his life is a melancholy-reading. In 1830 he bacame a widower, and in his 80th year he led to the altar Madame Melanie, an accomplished and rich French lady, who had silently learn to admire Hahnemann when the latter was practising at Kothen. This lady was instrumental in getting Hahnemann to divide his princely fortune into a small portion of Rs. 30,000 for their own maintenance, the rest, which included a sum of over a lac of rupees and two magneficiently furnished palatial buildings, going over to Hahnemann's children by his first wife. On 2nd July 1843 Hahnemann breathed his last. His remains were interred in the Montmartre cemetry being transferred, in 1899, to Pere-la-chaise. In 1851 a brass statue was erected to him at Leipzic. He was a monotheist.

Triumph of Homœopathy : Hahnemann is dead but his work lives. To-day Germany, France, Austria, Italy, England, America vie with each other in their appreciation of Homœopathy. In the United States of America alone, there are 102 Homœopathic Hospitals accommodating at least 6,500 inmates—all undergoing daily Homœopathic treatment.

So far as India is concerned in 1835, Dr. Honigberger, a German, the Court physician of Maharaja Ranjit Singh, the Lion of Punjab, made abortive attempts to introduce Homœopathy into India. In 1851, Dr. Tonnere a French man, the first Health Officer of Calcutta, made a similar attempt, but failed. Then we meet with a host of honoured names as the pioneers of Homœopathy in

Bengal. They are—Babu Rajendra Lal Dutta (of Bow-Bazar), Dr. Berigny, Pandit Iswar Chandra Vidyasagar, C. I. E. and his brother Dinabandhu Nyayaratna, Babus Binod Bihary Banerjee, Nobo Gopal Ghose, Sashi Bhusan Biswas, Kali Krishna Mitra (the sage of Baraset), Prof. Pyari Charan Sarker, M. A., Dr. Mahendralal Sarkar, M. D., D. L., D. I. E., Dr. Behari Lal Bhaduri and Babu Bhudeb Mukherjee, C I. E., Revd. Father Muller of the Decan and Babu Loknath Maitra of Varanasi, deserving equal praise for the local efforts. The Revd. Father Muller lived to found not only a Homœopathic Dispensary, but also a Refuge for the homeless, Plague Hospital, Leprosy Hospital, etc. His labours were many-sided, for which he was honoured both by the Government of India and by H. I. M. the Kaiser of Germany (*Vide Catholic Times*, 9th August, 1907 and *Statesman*, 22nd November, 1910).

History has chronicled few such bloodless victories here or anywhere. No triumph has been so singularly beneficient, so broad-based on the peoples' will or so abiding. And no wonder; for, the master lived a martry's life,—exposing himself, now to the incisive tongue of slander, now to the killing effects of chill penury, and jeopardising his life itself in the magnificiently conceived daring attempts at "proving" the poisonous drugs with the zeal of a crusader. May his mantle fall on us and his life be to us a source of perpetual inspiration and joy.

PHARMACY & DISPENSING

Drugs & Vehicles : When we want to take iron or lime, etc. as medicine, we do not directly bite out a morsel, but prepare the drug so as to be easily taken and easily assimilated. For this purpose, we mix with the drug inert substances such as sugar of milk or distilled water or add to it alcohol, in order to preserve its properties intact for a long period of time. These diluent or preserving substances are medicinally inert and are called *Vehicles*.

Regarding the drugs themselves, some are soluble, other are insoluble. The original insoluble drugs are called *crude drugs* ; the original strong alcoholic solutions of soluble drugs are called *mother tinctures*. Mother tinctures are indicated by the symbol θ. These represent the full active principles of the soluble drugs and keep well for a long time, because of the alcohol used. Watery solutions do not keep well, hence the use of alcohol in making solutions.

In Homœopathy, where one is concerned with small doses, drugs are seldom used in their crude form or in their mother tinctures. Attenuations of them are prepared and it is these attenuations or potencies (mis-named dilutions) that are of such tremendous value. The dry or insoluble drugs when attenuated with sugar of milk are called *triturations*, or dry attenuations.

This principles on which the attenuation depends is this—when 1 part of crude drug or mother tincture triturated or diluted with 9 parts of sugar of milk or alcohol, as the case may be, form 1 or first decimal potency; when attenuated with 99 parts, form first centesimal potency. Any of these potencies when triturated or diluted again with 9 or 99 parts of alcohol or sugar of milk, forms respectively the 2nd decimal or second centesimal potency. There are, however, exceptions to this general rule.

Medicines for external applications are very few in number. They are prepared as follows: One part of a drug mixed up with eight parts of water forms *lotion*, but with 8 parts of oil, soap, wax or lard, it forms *liniment* or *ointment*. For further information the reader is referred to our Homœopathic pharmaceutists' Manual.

Classification of Potencies : The potencies are usually divisible into three groups :—

Lower Potencies : 1x, 3x, 3, 6 ; Medium Potencies : 12, 18, 30 ; Higher Potencies : 100, 200, 500 (D), 1000 (M), 1,00,000 (C. M.), 5,00,000 (D. M.), 10,00,000 (M. M.).

According to the American Homœopathic Pharmacopœia 1x—30 are lower potencies ; all potencies above 30 being considered as higher ones.

[In the Organon, in paragraphs 128 and 269, has been discussed the reason why such small doses are so effective. We shall discuss this subject in Appendix A.]

How to keep Drugs : Drugs should be purchased from reliable firms only. They should be kept in places free from dust, sun's rays, smokes, strong smells and always away from camphor or its tincture, allopathic medicines, essences or perfumes and the heavy odours of the sick-chamber. If it is desired to burn incense in the room, the medicines should be previously removed elsewhere. It is never allowable to put the cork or stopper of one phial on to that of another medicine-phial.

How to use Drugs : In all cases where the Homœopathic mode of treatment is to be commenced after allopathic or other systems have been tried, start with one or two doses of Camphor. Before taking a Homœopathic medicine always rinse out the mouth with clean water. The water to be used should preferably be distilled water. Where ordinary filtered water is not available, it is better not to use any water at all. If the medicine is a powder, one has simply to put it into one's mouth and gulp it down. If it is a tincture, a drop may be taken with water ; or, in the absence of the latter, with globules or pilules or sugar of milk. Where a patient cannot swallow medicines, drop into his mouth globules or powders. Where even that is not possible, let him inhale the medicine selected. In dropping medicine from the phial, a dropper may be used or the lower end of the cork may be utilised for the purpose. It is a sound practice always to wash the dropper used in dropping medicines in alcohol or distilled water, before replacing the same.

Determination of Potency : In the following pages we have indicated the potencies that we recommend ; but as a general rule, it may be laid down—(*a*) that Camphor should be used in its mother tincture ; and Natrum, Sulphur, Lycopodium etc. in their higher potencies ; (*b*) that in acute diseases, lower and medium potencies ;

while in chronic diseases, higher potencies should be used ; (*c*) that in cholera, one has to use one's discretion according to the urgency of the symptoms.

Dose : It should be suitable to the age of the patient and the condition of this health As a general rule, the dose for—

	If powder	*If tincture*	*If pills*	*If globules*
An adult (14 years & upwards)	1 grain...	1 drop...	2 pills...	4 globules
A child (3—14 yrs.)	½ ,,	...½ ,,	...1 ,,	...2 ,,
An infant (upto 2 yrs,)	½ ,,	...¼ ,,	...½ ,,	...1 ,,

If water is used as vehicle, the quantities suitable for a dose are—for an adult 4 drams ; for a child 2 drams ; and for an infant ½ dram or half a teaspoonful.

Repetition of Doses : In acute cases, doses should be repeated every 1, 2, 3 or 5 hours ; in fatal illness, every 10, 15 or 20 minutes—the potency being increased after every two unsuccessful doses ; and in chronic cases once or twice a week.

GENERAL RULES FOR USING DRUGS

(1) The best *time* for taking drugs is, early in the morning, when the stomach is empty. In relation to food, drugs should be taken either an hour before, or two hours after eating. In case of fevers, medicines should be taken when the temperature is coming down ; in case of convulsion or hysterical fits, at the time when

these are coming on. All medicines should be suspended, as long as there is an amelioration of symptoms.

(2) In commencing homœopathic drugs shortly after a course of allopathic or other treatments or even after fruitless course of homœopathic treatment, start with two or three doses of Camphor or Nux vomica 30. Then use the necessary medicines.

(3) The use of *Pan* or *tobacco* is forbidden only an hour before and an hour after the time when a medicine is taken ; but the use of spices and camphor is to be avoided while undergoing homœopathic treatment.

(4) The use of charcoal or linseed-poultice for hastening the maturation of boils, the use of lancet in opening them, the use of a soap-water-enema to speedily unload the bowels, of ice in cases of headache or nose-bleed, or of flannel compress—are always permitted during the course of homœopathic treatment, whenever the necessity arises.

Symptoms (of Diseases) are those perceptible changes in the body or its functions that occur in the course of a disease. These are *objective* when they can be detected by examination (such as heat of the body, quickness of pulse or of breathing, coating on tongue, redness of eyes, albumen in urine, etc.) ; they are *subjective* when they are only felt by the patient—such as palpitation, headache, thirst, lumbago, etc.

Symptoms (of Drugs) : Such signs or changes that appear on a healthy man's system after ingestion of an overdose of any medicine, are called the symptoms of that drug. For example, thirst, quick pulse, dry skin, flushed face, high coloured urine, quickened breathing—are the manifestation of Aconite. But as said before the recording of such manifestations is called the proving of drugs. These are best studied in any good Homœopathic Materia Medica.

Selection of Drugs : We have said before that a true homœopath, in selecting his medicine for a particular case, does three things :—(*a*) he goes into all the symptoms—subjective and objective, not neglecting, the so-called 'trivial' ones ; (*b*) he then recalls to his mind, from his past knowledge of proving, what drug or drugs answer the largest number of these symptoms complained of and (*c*) finally, he selects that drug which presents the largest number of the points of contact with the symptoms. That is true homœopathy. But it often happens that the busy or easy-going practitioner wants a short-cut ; while very strongly protesting against such cuts, we are constrained to point out to such practitioners that often a cure can be effected by choosing those drugs that have very close resemblance to some *characteristic* symptoms of a disease. For example, the use of Cina on a child who frequently picks his nose or rubs it against his pillows or his mother's shoulders may work wonders. Similar lucky hits may be made by prescribing Stramonium to a case of dysmenorrhœa with the characteristic habits of talkativeness and devotion. These may by good hits but are not real homœopathy.

ACUTE AND CHRONIC DISEASES

The ordinary conception of diseases is as follows :—A *disease* is supposed to be the reault of some sin committed against the laws of health, and it is *acute*—if it lasts two months at the most. A disease that lasts beyond the second month, upto the tenth, is called *subacute* ; while one lasting longer than that and even upto the end of one's days, is called *chronic*. The student of homœopathy must forget these conception and grasp the following ones :—

Absence of health is indicated by either indisposition of disease.

Indisposition : It is that deviation from health, which is caused by *unhygienic* mode of living—such as eating or drinking to an excess, exposing oneself to the sudden changes of the weather, indulging in mental grief, worry or anxiety, fatiguing exertions, living in damp, unhealthy room, etc. This is easily corrected without the aid of any drug, by living upto nature.

Diseases—On the other hand, changes in our body that are the result of entry thereinto of any poison or virus or miasm or disease-germs. Much stress has to be laid on this factor—miasm ; for, on its nature depends the classification of disease. Miasms are either acute or chronic. The nature of both is to pervade at once the entire nervous system, the moment they invade our body. *Acute miasm* (as seen in a case of measles) is characterised by having three stages—prodrome (the warning or initial stage), progress and decline *i.e.*, cure or death stage, in which the miasm leaves the body. *Chronic miasm*, on the other hand, possesses only the prodrome and progress stages ; it doses not leave the system, thus does not have the decline stage. Chronic miasm as such is life-long in its possession of a human system and is said to be "in the blood' ;—and such abnormal or depraved condition of the blood is called *dyscrasia*. As hinted above, the classification of diseases according to homœopathy turns upon this conception of the miasms :—

An *acute disease* is one in which some acute virus or acute disease-germs enter and, having passed through the prodrome, progressive and decline stages, are extruded out of the body. This is seen in measles. A *chronic disease* or a *dyscrasia* indicates the permanent entry inside the body, of one or the other of three fundamental miasmata—Psora, Syphilis or Sycosis. An acute disease has its prodrome, progress and decline (ending in recovery or death) ; while a dyscrasia has its prodrome and progress stages only. Thus, it is important to realize that, ultimately, a chronic disease has a continuous progressive tendency with no tendency to recovery. An acute disease is said to be *sporadic* when it affects only a few individuals here and there ; it is *endemic* when it affects people of a particular locality ; and *epidemic* when it rapidly spreads from place to place. A chronic disease is most often tarnsmitted hereditarily ; hence, it will not be wrong to assume in a child, uder a year old, the presence of tuberculosis acquired from its parents, if we find that it is wasting and has other signs of phthisis

It is in the nature of chronic diseases or dyscrasias to get "suppressed" by other system of treatments—*i.e.*, for the external manifestations of them to cease and to affect deeper structures of the body. An acute disease may get cured naturally but never a chronic one.*

Drug Diseases : Hahnemann had observed that the long use or overdose of such powerful drugs as quinine, mercury, opium, arsenic or any "patent" medicine has given rise to symptoms similar to those of chronic diseases. These he termed 'drug-diseases'. In course of these diseases hypertrophy or atrophy of the whole body or of one side of it, nervous irritability, increased or decreased sensibility of parts, cirrhosis or ulceration of liver or other deep organs are met with. If these drug-diseases co-exist with any dyscrasia, the condition is practically incurable.

How to Treat Chronic Diseases : Be careful in the first place to ascertain the nature of the disease and in the next to assure the patient that chronic ailment oftentimes takes at least a couple of years to get cured. Then remember, it is in the nature of chronic diseases to leave the surface of the body and affect deep-seated organs. In the course of treatment of such diseases, therefore, as soon as you notice external manifestations—"suppressed by medicine"—coming on, you can assure your patient that recovery is in sight and under such circumstances, medicines must be held up. It is safe to begin with high potencies and to give a dose once a week, fortnight or month. Those who are interested in this matter will do well to refer to—

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* For further informations, *vide* Appendix B.

Hahnemann's Organon, paras—72—82.

Prof. S. Lilienthal's Articles to the California Homœopath, embodying the gist of Organon and Chronic Diseases.

Bœrick's Compend, pp. 72—89.

Clarke's Prescriber, pp. 103—137.

Kent's Lectures on Homœopathic Philosophy pp. 104—145.

Bidwell's How to use the Repertory, pp. 19—27.

HOW TO EXAMINE A PATIENT

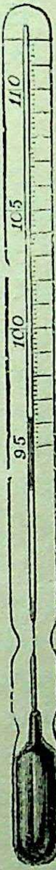
(1) Take the *History of his present complaints*—how and when it commenced ; what aggravates it and what relieves it. For example, the illness might have followed an exposure or a heavy meal or very superhuman muscular starain. The symptoms may be worse at night, aggravations may occur at 11 A.M. daily ; massage may bring relief ; movements may increase pain ; at left decubitus may be comfortable ; and so on.

(2) Ask for the *family history*—if any one in his family (on either parent's side) had the disease.

(3) Enquire to the patient's *occupations* an *habits.*

(4) Euquire what his *subjective symptoms* are—*e.g.* a feeling of chill, headache, dizziness, aches and pains

bitter sensation in the mouth, heart-burn, a sense of impending calamity, etc.



(5) Take his **temperature** by means of a good clinical thermometer, This is a small glass instrument on which occur sixten equal marks ranging between 95° Fahrenheit and 110° F. The temperature below 98.4° F. by mouth (indicated by the arrow-mark) are called sub-normal and they indicate depression ; the lower the temperature (a temperature near 95°F.), the greater is the danger. The temperature 98.4° is said to be the normal temperature in health in Europe, but this is not so with us, in India. Here, the normal temperature is somewhere between 96.4° and 98°. The temperature can be taken by inserting the narrow end of the thermometer (the bulb, containing mercury) either inside our mouth under the tongue, in the arm pit or into anus. In this country, the arm-pit is usually chosen and the difference of temperatures between oral and axillary (or arm-pit) is one degree Fahrenheit (shortly written F.) in favour of the axillary temperature. To take the temperature, wipe out the arm-pit or axillary and place the bulb at its middle and press the arm well against the side of the chest, so that, the bulb may be in firm good contact with the body, no air passing over it. It is customary to keep thermometer in this state for at least five minutes if not longer. It is wrong to believe that the

temperature will be indicated higher, if the thermometer is kept longer. A very high temperature in itself is killing, if it is somewhere near 107°, or so. A temperature of 105° or so, if long persistent, is almost sure to induce congestion of such important organs as brain, liver, lungs etc. In old men, a temperature of over 101° F. often induces delirium. In adults this is hardly the case, Remember that "Fever is not a "disease"—fever is but a symptom or outward indication of some poison circulating in the blood or of some disturbance of the nervous mechanism of the body.

It is idle, therefore, to think of getting down the temperature without, at the same time, trying to cure the causative mischief. In malaria, rheumatic fever, blood-poisoning and plague, the temperature suddenly rises to over 105° ; this is called *hyper pyrexia*. A sudden fall of temperature to sub-normal in a case of typhoid fever or any acute disease is often a grave omen. In cases of pneumonia, such sudden falls are common and often usher convalescence. An evening rise of temperature with a flushed face and morning normal temperature is called a *hectic* or wasting type of fever. A fever in which temperature daily comes down to normal or sub-normal is called *intermittent* fever ; one in which the temperature merely comes down, but not to the normal level is called *remittent* fever. The fall of temperature to sub-normal level is not, in itself, alarming. When, along with a sub-normal temperature, there are copious sweating, restlessness and panting for air, with cold and bluish extremities, the patient is then said to be in a state of *collapse*.

(6) **Pulse-feeling :** We repeat, lightly *feel* it and not tightly compress it. The pulse gives us an idea of the condition of the body's most important organ—the heart. So long as the heart is all right, we have hopes of holding out. But the heart is not unly working day and night, it receives the first and the biggest dose of any poison, that may be circulating in the blood. Hence, in all diseases, the pulse affords us the best guide to the condition of the heart and enables us to take steps betimes. We shall speak of the pulse in detail when describing. "Diseases of the circulatory System." It is important here to note the number of beats that are normal to certain ages :—

From birth to end of first year	120—140	per minute
,, second year to fifth year	90—115	,,
,, sixth ,, to fifteenth year	80—90	,,
,, sixteenth ,, to fiftieth year	70—75	,,
In old age (over 50 years)	50—65	,,

The beats are about ten more in females, age for age, and in both sexes, they increase after meals and exertions and decrease during sleep. An intermittent pulse, a drcrease of 20 beats per minute, and a full bounding pulse in an exhausted condition of health are signs of grave consequence.

(7) **Breathing** (Examination of) : Normally, a child of one year, breathes 35 times a minute ; of two years, 25 times ; a man aged between 15 and over, breathes 18 to 29 times a minute. The normal breathing is a quite an easy one and it feels warm to the touch. The quicker and cooler the breathing is, the greater is the danger to life. In some cases the difficulty in breathing

is so greater that patient has to sit up in order to be able to breathe freely and comfortably—it is called *orthopnœa*. When in consequence of difficulty of breathing, the face, tips of fingers and toes, the ears, tips of nose etc. look bluish, the condition is called *cyanosis*. In some conditions, however, much the room is open and airy, the more the patient wants air and tosses about in bed, throw about his limbs, breathes quickly—because air does not enter his lungs sufficiently ; this condition is one of *air-hunger* and it is a very alarming one.

(8) Note relationship between pulse, respiration and temperature. Normally, for every degree of temperature above the normal, there occur ten extra beats of the pulse and two extra respirations. Thus, for—

Temperature	Pulse	Respiration	
94 F.	80	18	per minute
100 F.	100	22	
105 F.	150	34	

(9) **Tongue** (Examination of) : It is not only a mirror to the condition of the alimentary passage, but is a good guide to the condition of the nervous system as well. We tabulate below the conditions of the tongue usually met with.

1. *If may be coated or "furred"*—Furring may be due to general causes like fever or faulty stomach, intestines or liver ; to local causes, like enlarged tonsils, in which case the back of the tongue is furred ; to decayed tooth or to neuralgic pains. If due to general causes, the furring cleans up during convalescence. In tardy

convalescence the cleaning up is in flakes. A milk diet also gives a white-fur.

2. *If may be dry*—A dry tongue means wakefulness during night, or nervous prostration, or excessive loss of fluid from body and it calls for prompt attention. A dry tongue, if coated brown, indicates profound prostration and an intense amount of poisoning of the system. In such cases, the lips and teeth are covered with sordes. The tongue of nervous people is pale, dry, covered with a thin froth. Mouth-breathers too have dry and furred tongue.

3. *If may be flabby*—*i. e.* it appears to be pale, flat and too big for the mouth, hence, its side are indented with teeth marks. Such a tongue is seen in anæmia, wasting diseases. Bright's disease and dyspepsia.

4. *It may look like raw beef*—deep red, glazed smooth, clean and shiny. This is seen in diabetes.

5. *It may look red with prominent papillœ*—most marked at the tip. It is seen in dyspeptics and drunkards.

6. *It may be strawberry like*—red papillæ showing through a white coated tongue. This is seen in scarlatina.

7. *It is blue or even blackish*—in condition of embarrassed circulation (as in heart disease, emphysema, etc.).

8. *It is paralyzed*—being either immobile or put out on only one side ; this indicates paralysis.

9. *It may show ulcerations*—These are due to decayed teeth (in which case, the ulcer will be found opposite the faulty teeth) ; to dyspepsia—when the ulcers occur chiefly on the under-surface of the tongue ; to syphilis

occurring at the sides and tip, irregular in outline, breaking down at one spot and cicatrizing at another.

10. *It is tremulous and foul*—in alcoholics.

11. *It shows signs of having been bitten*—It indicates that the patient is probably epileptic.

12. *It is swollen with white fur*—It indicates that the patient suffers from nervous derangements of the digestive organs, reacting upon the brain and producing congestion.

13. *It is cracked, furred, fissured, swollen*—It represents the severe derangement of the stomach.

14. *It is thickly furred, dirty, white or brownish, without dryness, enlargement or redness*—It suggests that the lining membrane, rather than the nerves of the stomach is deranged.

15. *It is blackish, dry, furred and tremulous*—It is indicative of a severe condition in abdomen.

16. *It is swollen, thinly coated, white but bright-red at the tip and edges*—if there is a complication of the lining membrane, and the nerves of the stomach as well.

17. *It is yellow*—It indicates the implication of the liver.

18. *It is tremulous*—It represents a complex variety of the nervous form of indigestion and serious implication or a typhoid condition.

(10) Mark the **Facial Expression**—The peculiar facial expression assumed by patients under certain diseased condition is called *facies.* Thus, *mouth breathing* with an idiotic expression is characteristic of enlarged

tonsils ; an ashy pale appearance with a sharp nose and glassy sunken eyes is the facies preceding death. A man with "nervous debility" wears a bashful look ; a pneumonic patient has an anxious expression ; a patient with fever and constipation has a dull look, with bluish-red lips. Cholera, ovarian diseases, Bright's disease, adenoids, liver diseases, tetanus, appendicitis, meningitis, etc., are diseases in which characteristic facies are noticed. These apart, the face very often gives us an idea of the general condition of the patient. Thus, in any acute chest trouble, after a spell of agony. a sudden calm expression is not a good omen.

(11) Observe the **expression of the eyes** :

1. *If the eyes are dilated*—irritation of the brain associated with that of stomach and bowels is often indicated.

2. *If they are contracted*—it denotes over-irritability of the nerves of sight or irritative inflammatory tendency.

3. *They are languid*—resulting from over-loaded stomach or heavy and indigestible food in the stomach, with or without general debility.

4. *If the sight is distorted*—it may denote sympathetic affection of the brain as a consequence of irritation of the stomach and bowels as in the case of children having worms.

5. *If the expression is staring*—it forebodes delirium.

6. *Eyes are sunken or retracted*—when general debility is present.

7. *When the eyes are pearly white*—chlorosis is indicated ; but a yellow tinge is indicative of jaundice.

8. *If the eyes are prominent or protruding, or glittering or red*—Congestion of the brain or diseases of the heart is indicated.

(12) Attend to the condition of the **Skin**. In fever, it is hot, dry and rough. With the decline of fever, the skin should be moist. Local sweats (as opposed to sweat all over the body) indicates nervous depression and low inflammation beneath the area. Sweat after acute fevers indicates the amelioration of the symptoms ; but sweat at night following chronic fevers is indicative of phthisis. The absence of sweat, when the temperature declines in inflammatory and pernicious fever, is of bad omen. Sudden and copious sweating is of grave prognostic omen. The extremities feel cold and look pale before and during the shivering (or rigor) stage of malaria.

(13) Notice if there is vomiting or hiccough—*Vomiting* and nausea are met with in diseases of digestive tract, in injuries to head or in diseases attended with inflammation inside the skull cavity, and in female diseases. *Hiccough* is due to worms, dysentery, inflammation of the liver, defective function of the urinary organs (kidneys), inflammations of stomach.

(14) *Pain* as an indication of disease should next receive attention. If the pain is localized and the part is hot to touch and tender on pressure, it is *inflamed*. If the pain increases on movement, it is muscular. Pain is oftentimes *referred* to distant parts : in cases of pain in the heart (called angina or breast pang), it is referred to the left arm ; in case of liver, to the right shoulder ; in case of urinary bladder, to the tip of the

penis (male organs); in case of hip-joint, to the knee-joint.

(15) Carefully examine **the chest.** It contains the heart in the middle and the two lungs on either side. We have dealt with these organs in their respective places. The best places where to listen for diagnosing the condition of the heart are (a) at a spot $\frac{1}{3}$ inch to the inside and $\frac{3}{4}$ inch below the left nipple; (b) at the places where the 2nd rib joins the breast-bone on the left and on the right side; and (c) at about the centre of the breast-bone.

This chest is to be examined by four means—inspection, hammering (percussion), touch and by the aid of the stethoscope. By '*Inspection*' we mean a very accurate and been seriatim observation of the bared chest in natural and sufficient light, the patient enjoying an easy posture. By this means we can detect irregularities of movements of the different parts of the chest-wall—in its qualities, in shape and form and external structural defects. For example, in phthisis or consumption, the portion of chest usually affected is that below one of the collar bones. If a phthisical patient is made to breathe deeply the affected side will not heave so well or so easily as the sound side. Again, in the disease called pleurisy, fluid may accumulate in one side or part of chest; that part will move but little and will look full and bulging.

The next method of examining the chest is by touching to or by '*palpation*'. To do this, lay your palms alternately on each side of the chest, and ask the patient at first to take deep breaths and then to pronounce distinctly in words 999. The chest-walls in health are good conductors of sound. If the chest is sound, a very fine vibratory thrill will be experienced by your palms on the patient's taking a deep breath; and each time he utters 999, you will experience distinct vibrations under your palms. In certain diseases (like pleurisy) these are dulled or not felt at all; in others (as in phthisis), they are exaggerated. So that, during palpation, put your palms alternately on either side of patient's chest and as far as possible on the corresponding portions of the chest-walls and notice where the thrill (technically called 'fremitus') is increased and where it is diminished.

In doing the '*percussion*' or hammering of the chest-wall, press your left hand fingers between the ribs and with the tip of your right index, middle or right finger or one or more of them, gently hammer on the back of your left-hand fingers. If the hammering stroke is done from the wrist, the stroke will be light and the patient will feel no pain, if however, it is from the elbow, it is likely to be hard and to hurt the patient. This percussion tells us two things: it gives us the sense of elasticity that particular portion of the chest-wall possesses; and it elicites different pitches of sound and thereby tells us the condition of the lungs below. Percussion over a hollow area where lung-tissue has been replaced by fibres gives a dull note.

Auscultation—i.e. the hearing of chest-sounds by means of the instrument called stethoscope. There are several varieties of it, some of which magnify minute sounds (phonendoscopes). To use the 'stethoscope' properly, one must practise for a long time on healthy chest of young persons and children—listening to different portions of them, in order to get thoroughly familiar with the sounds heard in health in different parts of the chest. Having got familiar, it will be easy to detect abnormalities.

Instead of going into elaborate details, we give below the results of examination of chest in a tabular form :—

While Inspecting note—

1. Shape of chest—(*a*) It may be conical.
   (*b*) Flat—especially in its front and upper part.
   (*c*) Scapulæ (or wing bones) may stand out.
2. Frequency of breathing—Normally, a new-born child breathes 44 times a minute, a child of 5 years 26 times and an adult 18 to 20 times a minute. The ratio between the number of pulse-beats in a minute and the respirations per minute is expressed—R : P : 1 : 4.
   Slow breathing—indicates shock, collapse, brain-mischief.
   Quick breathing—indicates fever, lung-diseases, excitement, throat-trouble.
   Sighing breathing—indicates heart-disease, shock, collapse, brain-mischief.
3. Bulging or retraction of any portion—Bulging occurs when fluid accumulates inside the chest ; retraction, when a chronic pleuritic mischief had occurred.
4. Difficulty of breathing—Dyspnœa or Orthopnœa.

By Palpation try to ascertain if there is—

1. Friction—indicating Pleurisy.

2. Increased vibration—indicating either Pneumonia or Phthisis (with cavity).
3. Something like the "purring" of a cat—indicating asthma.

By Percussion ascertain if any portion of chest is—
Dull in note. This means there is either fluid below or that the part is temporarily devoid of air (as in pneumonia or phthisis) or that the pleura has got thickened.

Increased in pitch indicates :

(*a*) Air-containing cavity (chronic asthma, phthisis).

(*b*) Solidified (and therefore useless) portion of lungs immediately surrounding air-cells (phthisis).

By Auscultation :

1. Breathing appears to be :

(*a*) Loud-pitched—indicating pneumonia or phthisis or asthma or bronchitis.

(*b*) Low pitched or somewhat indistinct—due to extreme weakness, emphysema, or obstruction in air-passages.

2. Abnormal sounds are heard. These may be :

(*a*) Crepitations or fine sounds such as are produced by rubbing hairs together or when fine grains of salt are thrown into the fire. They indicate that the air-cells and small tubes (bronchioles) are full of viscid mucus, as in pneumonia or, bronchitis.

(*b*) Rhonchi—*i.e.* musical pipping sounds. They indicate swelling of or presence of mucus in fine air-tubes (bronchioles).

(*c*) Rales are non-musical bubbling sounds produced by air passing through viscid liquid.

(16) **Cough** also signifies various manifestations which should not be neglected at all. It points to various derangements according to the conditions which precede, accompany or follow them or by which they are brought on.

Short dry cough, with watering of the eyes and frequent sneezing usually foretells the advent of measles.

Chronic dry cough with difficulty in breathing, sometimes associated with stitches, pain in chest, indicates tubercular affections.

Painful cough with feverishness represents the incipient inflammation of the lungs.

Chronic loose cough foretokens chronic bronchitis.

In case of a predisposition to cough arising from excitement, coughing, speaking, rapid motion or exertion, a tendency to organic affection of the lungs is indicated.

(17) Examine the **stool** (fæces). The following characters of stools indicate roughly the disease or conditions mentioned against each. Thus, the 'stool' may be—

Acid smelling—from decomposition of undigested food inside intestines.

Alkaline—decomposed stool.

Brown coloured—natural.

Black coloured—from taking bismuth, iron or charcoal.

Bloody—from piles, ulceration, fissures or fistula; owing to dysentery ; cancer of rectum.

Clay Coloured—from inspissated bile (due to faulty liver action).

Curds present—(curds of milk found in children) from over-drinking of milk.

Frothy—in diarrhœa or dysentery with mucn wind accumulation.

Greenish—owing to contents of intestines having been hurried through. In children altered blood appears in green colour.

Mucous—in dysentery ; thread worms ; rickets (in children) ; taking overdose of arsenic : bad constipation ; from fistula ; cancer of rectum.

Pale-coloured—(see white).

Pea-soup-like—in typhoid fever.

Pus present—in dysentery, ulceration of bowels, ruptured abscess inside abdomen.

Slimy—(see mucous).

Sloughs in stools—in typhoid fever, dysentery.

Tarry—from bleeding high up inside the bowels.

White coloured—from obstruction to flow of bile ; diseases of pancreas ; sprue.

(18) Examine the **Urine**—The urine often signifies the conditions of the patient in acute or chronic cases. In a healthy state, urine should be pale, bright-yellow or straw-coloured precipitating no sediment and having no offensive smell. A healthy adult passes about a seer and a half of urine in 24 hours. Roughly speaking in hot weather, when one perspires freely, the amount of urine is less ; it is more in rainy season and in winter and during large potations. Severe diarrhœa causes diminished secretion of urine. The *reaction* of normal

urine is acid. The reaction is intensely acid in fevers, gout, rheumatism, chronic Bright's disease, diabetes, etc. An alkaline reaction represents the presence of debility, anæmia, frequent vomiting. A *white deposit* in urine immediately noticed after passing urine indicates phosphates ; a *brick-dust sediment* in high coloured urine indicates urias. An urine that is *fœtid* and ammoniacal-smelling and is at the same time slimy and alkaline in reaction, indicates inflammation of the bladder. Urine that is acid and contains *slimy* deposit perhaps contains pus. An urine that is scanty and has *smoke colour* or greenish colour indicates inflammation of the kidneys. A *black* urine indicates very bad kidney-inflammation or black-water fever. Urine is suppressed whenever there is profuse vomiting and purging.

A sudden check of perspiration will often cause copious and pale urine ; relaxation of the bowels, purgatives or profuse perspiration, a darker and more scanty discharge. Certain food will cause the urine, to be offensive ; other substances will give it a bright gold-yellow colour. Amongst females a degree of sediment is not always uncommon, nor is it unhealthy.

When passing of urine is painful it may be caused from inflammation or irritability of passage, bladder of kidneys. In case of the inflammation of the bladder, it will always be accompanied with fever, hard pulse, and pain at the bottom of the bowels. If the pain arises from inflammation and irritation of the urinary passage, it will be associated with scalding discharge, matter being present or absent. If the pain results from the affections of kidneys, the urine will be hot and pain felt chiefly in loins and back. If it arises from spasm of the bladder, frequent urging may cause but total inability.

DIET AND BATH

The patient should always partake of light digestive, nourishing food, and of such drink which are required to satisfy thirst but not injurious to health.

In *acute or febrile diseases*, the following diets and baths may be given :

Pure cold water, barley-water, rice-water, thin oatmeal, gruel, whey, milk, preparations of arrow-root or sago with a little sugar or salt as the case may be. Ice-water is often injurious and increases the thirst.

Most kinds of ripe fruits, having no acidity, fresh or prepared by cooking should be eaten in moderation ; such as ripe grapes, sweet apples, pears, peaches, respberries.

Sweet oranges when ripend may be allowed but sour and defective ones should always be avoided.

In case of colic, diarrhœa, dystentery, cholera, or croup, no fruit should be allowed.

Salt and sugar may be taken with great moderation.

The patient should not overload his stomach. Regularity in time of eating should strictly be observed.

Tobacco, if habituated to use, should be used moderately.

Hot baths are strictly forbidden, but *tepid and cold* *sponging bath* is recommended daily in almost all the cases, especially in fevers, scarlatina, and after delivery.

A *warm foot-bath*, with mastered, is beneficial in ordinary colds, headache, in irregular and deficient menstruation.

A *tepid sitting-bath* is a tranquilliser of the nervous system and a gentle stimulant to all the abdominal organs.

A *tepid pach* promotes perspirations, reduces fever, produces a general determination to the surface of the body.

GENERAL DISEASES

Diseases that affect the blood or all the organs of the body are classed as general diseases. They may be grouped under two heads—(*a*) Diseases of blood and (*b*) Constitutional diseases. We will deal with them now.

(a) DISEASES OF BLOOD

CHOLERA*

This is a disease characterized by sudden onset of incessant vomiting and purging (both resembling rice-water in character), which, if not checked in time, bring on much thirst, suppression of urine, cramps in calves of legs etc, and ultimately collapse (*i.e.* thready or imperceptible pulse at the wrist, cold clammy sweat, cold body surface, difficulty in breathing, etc.).

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*First traced to a mela held at Naldanga in Jessore district in 1817. It is now practically world-wide in its distribution.

Cause—The disease is due to the ingestion of the causative germ (called *cholera virus* or *comma bacillus*), with food or drink. The germ occurs plentifully in the excreta of sufferers from cholera. If the dejecta of a sufferer get access to any food or drink, then that food or drink can import the disease. The three principal means whereby the dejecta of cholera patients get mixed with food and drink are—(*a*) by the help of flies, (*b*) by the illiterate folk washing soiled articles in or near a tank, well or stagnant river ; and (*c*) by attendants of cholera patients not taking proper care in disposing of the dejecta of the patient. The reader should remember very carefully that there cannot be cholera unless its germs are present in food or drink, just as there cannot be burning of any part of our body unless a fire is present. But almost every disease has two kinds of causes—direct and predisposing.

The **direct cause** of cholera is the access of the comma or cholera germs into our alimentary passages.

The **predisposing causes** are those that render the system weak and all the more vulnerable to the inroads of the direct cause. For a person to be attacked with cholera, they are fasting, night-keeping, drinking, excessive venery, mental depression or fright or eating rich dishes or unsound food, late and heavy dinners, abuse of purgatives, exposure to cold and wet and other indiscretions. The animal foods (like meat, fish, milk, cream, ice-cream, egg), if stale, are the most offending articles of diet. Wherever a large number of miscellaneous people congregate (as in fairs or pilgrimages), suddenly upsetting all sanitary arrangements, there too cholera breaks out.

Types or Varieties—Three types of this disease are known. They are ; (*a*) Cholerine or simple cholera, (*b*) Asiatic or Virulent Cholera and (*c*) Dry Cholera (or Cholera Sicca). Below we show the distinguishing points between :

	Cholera	Asiatic Cholera
Cause	Dietetic indiscretion	Germs of cholera—in one who may have had dietetic indiscretion.
Stools	At first bilious-green then rice-water-like.	Rice-water-like from the beginning.
Cramps	Commences in abdomen and do not affect the upper psrts of the body.	Commences in fingers & toes and then passes on to both limbs.
Temperature	Falls gradually but seldom with much prostration.	Falls rapidly and leads to rapid and marked prostration.
Suppression of urine	Rare,	Common.
Facial aspects	Light pallor.	Cyanosis or blueness of the skin.

In *Dry Cholera*, but a phase of Asiatic Cholera, the patient feels suddenly intensely thirsty, with restlessness and a burning sensation all over the body. Without any vomiting or purging occurring, the patient suddenly collapses and gets comatose and dies. The chief remedies are ; Camphor θ, Ars. 6, Acid Hydro. 6, Tabacum 6.

Types—Of Cholera itself there are several clinical varieties—making them out for separate treatment on homœopathic lines. Thus, some cases have been known to have these dominant symptoms .—

(*a*) *Purging* or Diarrhœic Type—in which the downward evacuations are as frequent as they are large.

(*b*) *Vomiting* or Gastric Type—in which nausea, retching and vomiting predominate.

(*c*) *Gastro-intestinal* Type—in which vomiting and purging equally prevail. Medicines: Ricinus 3, Veratrum 6.

(*d*) *Hæmorrhagic* Type—in which bloody vomit or stools occur. Medicines: Acon. 1x, Iris 3x, Carbo. Veg. 6, Merc. cor. 6, Phosphorus 3.

(*e*) *Pyretic* Type—in which fever co-exists with vomiting and purging. Medicines: Acon. 1x, Bell. 6, Bryo. 3, Baptisia 6, Rhus Tox. 6, Ricinus 3x.

(*f*) *Crampy* or Spasmodic Type—in with cramps and convulsions are the most distressing symptoms. Medicines : Cuprum 6, Secale 6, Camphor *θ*.

(*g*) *Algia* Type—in which from the start, the patient is cold, cyanotic and pulseless ; he is more or less comatose, with difficulty in breathing and oppressive sensation in chest. Medicines: Verat. Alb. 6, Veratrum 3x (trit.), Ars. Alb. 6, Nicotine 3.

Symptoms and Stages :

(1) *Incipient Stage*—Duration, 1 hour to 3 or 4 days. The patient feels out-of-sorts ; appetite is dulled, distaste for food appears ; nausea, thirst, a sensation of dead weight at the pit of the stomach, dizziness, sensation of noise in the ears and weakness mark this stage.

(2) *Developed Stage*—Duration, about 3 to 24 hours. Profuse vomiting and purging of ice-water-like fluids, intense thirst ; gripes and rumbling inside the abdomen ; sunken features, pallor of the body, cold clammy sweat, suppression of urine, collapse, cramps in the limbs and restlessness mark this stage. In some cases, instead of actual vomiting, retching is marked. After 8 to 12 hours, the patient passes into the stage either of convalescence or of collapse.

(3) *Collapse Stage*—Duration, 12 to 36 hours. This is the worst of the five stages. In it, thirst is agonising and drink is invariably followed by exhausting retching. The pulse becomes so feeble as to be hardly felt at the wrist and oftentimes is felt at the middle of the arm, The surface of the body is bluish and cold, lips are bluish ; eyes are sunken in the sockets and are lustresless or, often injected ; pupils are dilated ; voice is husky ; breathing is laboured, tips of fingers and toes wrinkled like those of a dhoby and urine is suppressed. There is intense burning sensation in the body and cold clammy sweat comes out. Prostration is intense and oftentimes the patient retains his senses throughout. Dursng this stage, the vomiting and purging may suddenly cease and bring on coma or death, a short while after ; or vomiting and purging gradually abate and patient is put on the way to recovery.

(4) *Reaction Stage*—Duration uncertain. This often ushers in convalescence. The stools and vomit, instead of ceasing all at once, come on at long intervals, are more consistent and bile-tinged. The body-surface

becomes warm ; urine is passed naturally and the patient recovers.

(5) *Complication Stage*—Instead of normal reaction, the reaction may be undually excessive, resulting in congestion of such important organs as lungs, brain, kidneys, etc. The temperature may go up substantially ; there may be flatulent distention of abdomen, hiccough, retching, and coma.

Prognosis :—The following symptoms are considered *favourable* : If the vomiting or purging are less severe, if the general aspects are not very bad, if the temperature of the body are not much reduced, if there is no difficulty in breathing and no restlessness ; if he is not pulseless ; if the reaction stage comes on early ; if the cramps are not very painful ; and if thirst is not intense. *Unfavourable* symptoms are : sudden and early in the morning onset, followed rapidly by prostration and collapse, unconscious evacuations, sleeplessness, coma, very high or low temperature of the body, rapid pulse or pulselessness, laboured breathing, violent gripes, bloody evacuations, prolonged suppression of urine, delirium, difficulty in swallowing, etc. If an unconscious patient lies on his back, in a cross-legged becubitus, that also is an unfavourable sign. If the patient is pregnant, drunkard or an opium-eater, very young or very old or weak, or a sufferer from malaria—the prognosis is grave. Cholera invariably causes abortion in pregnant women.

Preventive Measures :

(1) *Do not depress your system*—By fright, over-work, worry, night-keeping, purgatives or exposure.

(2) *Keep clean*—Take regular baths and use the soap freely to wash your hands and feet. Keep the nails cut short and their undersurface clean. Keep clothes etc. clean. Live in clean, well-ventilated rooms and places.

(3) *Keep out flies and dust*—Kill them. Never keep any food or drink uncovered. If a fly sits on any food or drink, or dust settles on them, reject the same without hesitation. Do not purchase food from shops where food is exposed to flies and dust.

(4) *Avoid unwholesome food*—food that is stale or cooked badly or unripe or over-ripe. or rich. Do not overeat late dinners.

(5) *Drink only boiled water*—If a well or tank water is suspicious, it is best always to boil it. Simple filtration affords no safety. Treat it with potassium permanganate or copper sulphate at first and then always thoroughly and repeatedly boil it before use. If possible, have the source of water-supply properly guarded by police.

(6) *If one has to attend a case of Cholera*—He must not go there in an empty stomach, not must he eat or drink anything while on duty there. Duty done, he is to thoroughly rinse the hands upto the elbows, repeatedly in hot water and soap and thereafter in some antiseptic lotion (like carbolic, bin-iodide of mercury, lysol, etc.) He is to boil his clothes and bathe. Thereafter he can take his meals.

(7) *Regarding the rejecta* (stools, vomits)—They must be at once mixed with sawdust or rags and burnt; or if that is not possible at once, they must be covered

over with lime and burried deeply—away from all habitations and sources of drinking water. No fly should be allowed to settle on them and all soiled clothes should be at once treated with strong phenyle-solution or carbolic lotion and boiled as soon thereafter as possible.

(8) *Other measures*—A nursing mother attacked with cholera should not give suck to her baby. Take regularly every day Cuprum 30 or Sulphur 30, as preventive.

Hygienic and Accessory Methods of Treatment :

Keep the patient in a clean, dry, well-ventilated room. Keep out flies and sprinkle scents (not very strong) on his bed or burn incense occasionally in the room. Remove all dejecta as soon as passed and never keep any edibles in the room. The patient is to pass his evacuations lying down or else exhaustion will too rapidly set in. All foods should be strictly avoided and all water given to the patient to drink must be repeatedly well boiled and kept covered. Water must be freely given whenever called for. When the cramps set in apply hot water bottles or flannels or rub spirit over the parts. Keep the room warm in winter. If the patient sleeps (but not comatose) do not wake him up on any account. Bits of ice may be given to suck, if desired ; but it is better to give water freely.

Diet—Anything in the way of food is *strictly* forbidden, unless the patient is well convalescent and reaction is fully established. After the stools become bile-tinged and secretion of urine is well established, food can be thought of. To give any food before that, is to court death. The first diet should be cocoanut-water or *very* thin pearl-barley-gruel, flavoured with lime and seasoned with salt. Of this, only tea-spoonfuls can be given at the start, at intervals of 2 or 3 hours. If these do not give rise to acidity or flatulence or do not increase the frequency of motions, then a more liberal quantity can be given and that always gradually. When barley can be well tolerated then try *ghole* (skimmed curd, diluted with water) or milk-whey, and thereafter, milk and barley. Last of all, try soft rice with गान्धाली (Pæderia Fœtida) soup or with fresh fish-soup. In short, proceed cautiously.

Treatment—[As a general rule, use lower potencies (3—6 and medicines may by given after each evacuation, if required.]

GENERAL INDICATIONS : For a beginner or a very busy man, following hints are given, though it is desirable that none should undertake the treatment of a case of cholera, without very careful consideration of all the material points.

(A) TREATMENT IN BRIEF

(a) Repeated and large watery motions, sometimes faintly greenish in colour ; greenish bilious vomits ; much *gripes* or burning pain is felt in the anus after each evacuation.—*Iris 3x.*

(b) Rice-water like vomit and stool, passed without gripes ; shreads float on liquid motions ; cramps and prostration marked.—*Ricinus* 3.

(c) Onset sudden and severe ; greenish watery motions, with shreddy deposits ; vomiting, hiccough and gripes ; severe thirst for cold drinks ; clammy sweat on forehead ; body cold and bluish ; cramps and prostration and dhoby's fingers present.—*Veratrum Alb.6.*

(d) If cramps are very severe (specially in the arms and legs.)—*Cuprum 6.*

(e) Intense thirst following vomiting and purging ; a desire to cover up the body inspite of burning sensation all over ; body cold ; prostration and restlessness.—*Arsenic 6.*

(f) Vomiting and purging ; burning sensation at the pit of the stomach ; gripes ; thirst ; fear of impending death ; restlessness.—*Aconite Radix 6.*

(g) Frequent retching, not relieved by vomiting—*Ipecac 6* ; if relieved by vomiting.—*Antim Tart. 6.*

(h) Body cold, but burning sensation inside the body and patient wants to be constantly fanned and throws off clothes ; unconscious evacuations, with relexed arms ; cramps specially of fingers and toes—these being forcibly bent backwards.—*Secale 3.*

(i) Urine suppressed ; abdomen distended with wind ; breathing laboured.—*Opium 3.*

(j) Dry cholera, with painful cramps from the beginning ; breathing difficult ; eyes sunk in the sockets ; body bluish and cold but not perspiring, severe prostration — Rubini's *Camphor 5 to 7* drops in sugar, by mouth, every ½ hour and to rub the same over the body ; this failing, try *Acid Hydro. 3—30*, *Arsenic 6—200*, *Carbo. Veg. 30.*

If reaction occurs and yet there is no urine—try *Cantharis 6.* In the last stage (face deadly pale, body icy cold, no pulse, hard breathings)—*Cobra* or *Naja 3.*

(k) In the case of children—

(i) Hot evacuations ; with or without thirst ; associated with teething-time.—*Podophyllum 6.*

(ii) Stools liquid ; frequent evacuations ; lumpy vomits followed by sleep or exhaustion ; sleep is followed by appetite.—*Æthusa 6.*

(iii) Profound exhaustion ; body cold and bluish ; no pulse at the wrist ; convulsion—*Kali Brom. 3x.*

(B) TREATMENT IN DETAILS OF EACH STAGE OF THE ATTACK

I. During the Incipient or Invasion Stage :

Camphor (Rubini's spirit of camphor) θ—Its indications are—

(a) Burning sensation inside the abdomen ; purging with gripes ; convulsion and chill follow evacuations (Rubini),

(b) Useful so long as stools are frequent. Sudden exhaustion, husky voice ; face pale, eyes sunk in sockets ; body cold ; burning sensation at the pit of stomach (Hahnemann).

(c) Vomitings are more than the purgings ; body cold ; voice husky (Farrington). [We, however, are inclined to think that camphor should not be given where vomitings are more than the purgings and when the body becomes rapidly cold. In such circumstances give instead—Ars.]

If diarrhœa following an exposure to cold merges into cholera, Camphor is useful. It is also of use in the initial stages of cholera marked by chill, exhaustion, burning sensation at the pit of stomach; dizziness and laboured breathing. *In dry Cholera, Camphor is the best medicine.* Where there is much nervous prostration and the body is blue or is icy cold (with or without clammy sweat), the eyes are fixed in a stare, pulse is weak, extremities are benumbed, Camphor is of value. Where reaction is due, but is not coming on after cessation of vomiting and purging, Camphor is given with benefit. Where, after the use of Carbo Veg. or Phosphorus, the large intestines, heart and muscles are not regaining their tone, Camphor is indicated. In the paralytic type of cholera too, Camphor is useful. Camphor must be used at the commencement of Homœopathic treatment following Allopathic or Kaviraji or Hakimi treatments. It is important to remember that Camphor is useless in non-convulsive types of cholera as well as in the developed stage of convulsive cholera.

Our experience is that the indications for the use of Camphor are: (*a*) Frothy vomit and stools at the start. chill and rapid exhaustion; and (*b*) cases of cholera in which the body becomes cold and blue from the start.

Dose: 5 to 10 drops (for adults) or 1 to 2 drops (for children) on a lump of sugar, every 5 or, 10 minutes. If no effect follows from 8 or, 10 doses, try other medicines. If repeated use of Camphor results in burning sensation in the rectum, mental uneasiness or other distressing symptoms, give one or 2 doses of Phosphorus 6.

Arsenic Alb. 6—Attack due to too free indulgence in fruits or ice; burning sensation inside stomach; intense thirst, easily satisfied by small sips ; much restlessness, great prostration.

China 3 —Attack follows eating too much of firuits- Motions liquid but yellow or contain undigested food-matter : rumbling of bowels, flatulent distention of abdomen ; weakness.

Aconite Nap. 1x.—Motions bloody or like agitated water of melon ; unbearable gripes ; restlessness ; thirst ; chill ; fear of impending death ; slight rise of temperature. Useful also in cholera following exposure to heat or cold.

Acid Phos. 3, 6.—Painless ashy motions ; chronic diarrhœa merging into cholera ; following upon excessive venery. Pain increases after food or while lying on right side.

Phosphorus 6. - Painless, greenish, mucoid, or watery and colourless hot evacuations ; anus is open and fæces constantly oozing ; aggravation of symytoms after eating hot things or while lying on the left side ; evacuations follow taking salt ; vomits and motions are both hot.

Carbo Veg. 6.—Attack after eating butter, ice, ice-cream, salted or decomposed fish or stale vegetables ; attacks old or weak people or peoples who (like cooks, masons or blacksmiths) have to work exposed to the fire or to the sun stools bloody or reddish, body cold.

Ricinus 6.—Copious, painless vomiting and purging, without any convulsion.

Chamomilla 6.—Attack after a fit of anger or distemper ; motions hot, acrid, corroding or fœtid smelling ;

during dentition of children, bilious, liquid, green motions with gripes ; gripes subsiding after evacuations.

Ipecac 6.—Nausea and hiccough from the very start ; vomits exceed the stools ; stools are greenish and frothy, with foul smell or mixed up with mucus and blood ; gripes and tenesmus present as in dysentery.

Podophyllum 6.—Evacuations are passed *without pain,* are hot and greenish white, frothy or bloody ; are most in number towards the morning. The stools are profuse and gushing, each stool seeming to drain the patient dry. But nothing of the kind occurs.

Nux vomica 6 —Diarrhœa coming on after a drinking bout, night-keeping, irregularities of eating, ingestion of purgatives, or prolonged over-drugging or fatiguing exertions ; flatulence ; ineffectual efforts at evacuations which when passed are foul-smelling and bile tinged ; motions follow eatings or are frequent early in the morning. Nux Vomica is best adapted to persons given to too much brain-labour.

Pulsatilla 6 —Diarrhœa follows eating fatty food ; stools mucous, green, changeable ; thirst absent ; aggravation of symptoms at night. Pulsatilla suits best the women easily given to weeping or men of gentle temperaments.

II. During the fully Developed Stage :

Kali Phosph. 12x.—If camphor is unavailing and rice-water-like stools set in. This drug failing, try Veratrum and Arsenic.

Veratrum Album 6, 30, 200.—Large rice-water-like evacuations following gripes ; pulse thready or not felt at the wrist ; heart ; feeble ; suppressed urine ; intense thirst not fully relieved by large potations ; cold sweat ; tongue and breath cold ; body cold and bluish ; pupils contracted ; cramps in both extremities and in thighs and abdomen ; face pinched and blue.*

Arsenic 6, 30, 200.—Vomits and motions are not copious ; insatiable thirst but patient drinks small quantities at a time and vomits immediately after each drink, suppression of urine ; much restlessness and prostration ; unconscious evacuations ; burning sensatian at the pit of stomach, often after vomiting ; body cold and becomes suddenly pale ; pulse feeble or imperceptible at the wrist ; fingers and toes wrinkle like those of a washerman ; breathing quick and laboured ; tight sensation in the chest ; heart's action is qnickened after evacuations ; voice husky ; cramps ; twitching of muscles ; tongue dry, rough and cold ; gurgling sound on drinking [If, with all or most of the above indications, the evacuations are bilious or mixed with mucus, *Arsenic* can be given. Dr. Russel and many others think, that *Arsenic* should invariably follow Camphor; while more authorities think that Arsenic can and ought to be used in every stage of cholera. Dr. Hughes thinks that the indications for its use are: Restlessness, anxiety, prostration, intense thirst, death-like pallor of appearance].

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* **Veratrum**—is useful where the prostration is less than what the amount of vomiting and purging would warrant ; where the evacuations are passed without effort ; where the thirst is severe and can be quenched only by large draughts ; and where inspite of the prostration the mind is at ease. **Arsenic**—is indicated when the prostration is out of proportions to the loss of fluid ; where the evacuations are scanty as compared with the urgings and efforts ; where inspite of severe thirst the patient sips only small quantities of water and where restlessness, mental and physical uneasiness are prominent.

Cuprum Metallicum 6, 12, 30.—It is a very valuable remedy in cramps, especially of hands, feet and toes and fingers. If this fails, use Secale. It is also used when spasms follow an attack of convulsions or when patient cannot retain food or medicine, owing to severe irritation of alimentary passages. Its indications are: Body cold and bluish; cramps in both exrremities; restlessness; pulse thready or imperceptible; eyes sunk in sockets or turned upwards; deficient hearing; gurgling noise is produced while drinking liquids; a desire for warm drinks; nausea checked by cold drinks; gripes; eyes water during vomitings; itching sensation around the anus; speech blurred; vomitings partly liquid and partly shreddy; ineffectual urging to urinate; breathing quick; delirium; gnashing of teeth; screams.

Secale Cornutum 3, 6, 30.—Useful for checking cramps. It is valuable after Cuprum has failed to stop spasms and when the following indications are present: Fear of impending death; eyes sunk in sockets; hearing deficient; face pinched, pale and melancholy or distorted, tongue clean or coated white and tremulous, thirst and appetite keen; nausea or vomiting; a burning sensation at the pit of stomach; suppression of urine; cramps in left side of chest and in fingers and toes; pulse barely perceptible at the wrist; extremities tremulous; tongue is bitten; unconscious evacuations; burning sensation all over the body, causing clothes to be cast off. Secale is also useful in the collapse stage when the patient gets his back arched (opisthotonos), his face is bluish, cramps attack his extremities and when he vomits either mucus or mucus mixed up with worms and feels relieved after vomits.

Aconite Rad. θ, **1x**—Body becomes blue and cold very soon after onset of vomiting and purging ; much difficulty in breathing ; breath is cold ; severe gripes ; stools are watery ; vomit are green, black or yellow ; suppression of urine ; vertigo ; pulse hardly perceptible at the wrist ; face swarthy in appearance. Prescribe Acon. Rad. 1x when body is cold but heart's action is regular though feeble ; and where the patient is in fear of death and is anxious ; also when during the collapse stage, the motions consist of sticky mucus. When during the terminal stage, fever sets in, give *Acon. Rad 1x* alternately wlth *Belladonna 3x*.

Antim. Tart. 6-30 – When towards the end of the stage of full development, coma tends to set in—coma that is broken only by each act of vomiting, give Ant. tart. Its other indications are : Pain and burning sensation in the chest ; lethargic stupor, frequent moanings ; feeble pulse ; watery, frothy or greenish evacuations, often passed involuntarily ; painful retchings followed and relieved by slight vomiting ; eyes sunk is sockets ; vision hazy, inspiration deep but expiration is shallow. In cases of threatened heart failure during the collapse stage, use Antim. Tart. The leading indications of Antim. Tart. and Verat. are much alike ; use Antim. Tart. when there are muscular twitchings or paresis, and where Verat. A. fails to relieve the weakness of heart or Its paresis.

Iris Versicolor 3x.—Onset of disease early in the morning. pain around the navel and in the lower part of the abdomen ; vomits are sour-smelling or contain undigested food-matters ; stools are sour-smelling or whitish or yellow coloured ; a burning sensation throughout the digestive tract, from mouth down to the anus. Burning sensation all over the body following vomits ; burning sensation inside the mouth ; sweating. *Iris is of no avail if collapse is present.*

Ricinus 6 – Copious liquid evacuations ; bilious vomit ; cold sweat on the brow ; cramps, burning sensation inside abdomen, but no gripes ; suppression of urine.

Ilaterium 3—Copious, painless, bilious or frothy vomitings and purgings ; gripes or flatulence ; chill and yawning.

Tabacum 6—Retching or vomiting after stools have ceased ; movements aggravate the nausea ; cold sweat ; body cold ; cramps in legs or chest ; palpitation. [*It is a valuable remedy in the cholera of infants*].

Cuprum Ars. 6 (trit.).—Cramps or convulsions following upon severe gripe. [*Valuable infantile cholera.*]

Phosphorus 6—Evacuations passed with noise and following upon rumbling inside the abdomen. Vomits excited by drinks, specially cold drinks.

Ipecac 3x-6—Much retching or vomiting and bloody stools (without mucus).

Mercurius Cor. 3—Where cholera follows diarrhœa or is characterized by bloody mucous stools.

Croton Tig. 3, 6—Liquid, yellow motions, passed with force ; tenesmus or urging ; vomiting immediately after liquid drinks ; pain at the pit of stomach.

Jatropha 3, 6—Sticky mucous motion, instead of rice-water-like evacuations ; vomits precede purgings ; body cold, with cold sweats ; spasm in muscles of hands and feet ; rumbling noise inside abdomen.

Dose :—These medicines should be administered every ten, fifteen, twenty or thirty minutes, according to the severity of the symptoms.

III. During Collapse Stage :

If homœopathic treatment is started at this stage and particularly is allopathy has been tried and too much of homœopathic medication has been done, start with two or three doses of Camphor. Cases of cholera in which collapse sets in early, also require a few preliminary doses of Camphor. Then try successively, Ars. Verat., Cuprum. Secale Cor. and Aconite, according to indications. But, if any of these has been already used in vain, it is better not to use them again in the collapse stage.

Arsenic 6—Rapid onset of collapse ; burning sensation all over (especially inside the abdomen), restlessness, difficulty in breathing, suppression of urine.

Cobra or **Naja 6**—Difficulty of breathing, not relieved by Arsenic ; inability to swallow ; thready pulse ; patient lying down.

Nicotine 6-30—Used where every other medicine fails to relieve difficulty of breathing ; cold sweat on forehead ; suppressed urine ; frequent vomiting and purging.

Carbo Veg. 6, 12, 30—Flatulence, with offensive evacuations, is the characteristic of Carbo Veg. Very valuable in collapse stage, with much distention of abdomen and passage of fœtid stools. Body is very cold and bluish ; tongue is cold and bluish ; pulse imperceptible at the wrist ; eyes sunk in sockets ; beads of perspiration on forehead and neck ; voice husky ; much difficulty in breathing ; distention of abdomen, consequent upon stoppage of evacuations ; burning sensation all over the body.

Acid Hydro. 3, 6—Face blue ; body limp and cold ; inability to swallow ; shallow breathing ; cold sweats ; pulseless wrist ; tongue cold ; "coma vigil" ; dilated pupils ; tips of fingers and toes blue and pinched ; low moaning ; unconsciousness ; difficulty of breathing amounting almost to gasping. If no benefit follows the use of Camphor in cholera, use Acid Hydro.

Kali Cyanatum 3x (trit.)—Used in cases where there is no other sign of life than the mere movement of the chest in respiration.

Aconite Nap. θ **and 1x.**—Body cold and looks like that of one dead ; heart acting feebly, that regularly ; restlessness ; fear of impending death. It is useful also in (*a*) cholera with bloody evacuations and (*b*) cholera with watery or greenish motions, gripes, much thirst, restlessness, cardiac weakness, rise of temperature.

abdomen ; hiccough ; cramps ; convulsive aching of the lack.

Lachesis 30—With the onset of symptoms, patient falls down senseless on the floor and unconsciously goes on vomiting and purging.

Agaricus 6 [Every 10, 15 or 20 minutes].—Body is icy cold ; sensation of being pricked with needles of ice ; suppression of urine ; flatulent distention of abdomen ; patient is inclined to run away from bed.

Accessory Treatment.—In cases of threatened heart-failure, apply a mustard poultice to the region of the heart. The mustard found in our homes is useless for this purpose. Buy a 6″ × 6″ Mustard-Plaster from some Allopathic store and specify "Durham Mustard." To check profuse and cold sweat, heat a little arrowroot or any other starch on a plate rub it gently all over the body.

IV. During Reaction Stage :

As this is nature's own effort at cure, hardly any medicine is called for. It is not to be expected, however, nor is it desirable either, that all purging should cease completely, with the onset of reaction. If, however, any of the untoward symptoms reappear, have recourse to the medicines already described—prescribing higher potencies at longer intervals. In cholera, the blood is drained off most of its salt and serum ; hence, it is very necessary to allow water to a cholera patient liberally. Salt water (a teaspoonful of pure table salt to one pint of boiled cooled water), if it can be retained, is preferable to plain boiled water ; and it can and ought to be given freely at every stage and condition of cholera. When, however, reaction has well set in, in addition to or in the place of salt water, unripe cocoanut water (dab) or very thin barley-gruel (heaped teaspoonfuls of 'patent' barley, boiled, in one seer of water and slightly salted). may be given.

V. Treatment of Complications :

1. **Relapse**—If vomiting and purging begin again, give in higher potencies, the drugs enumerated under 'invasion and 'fully developed' stages. If relapse is due to worms, give *Cina* 3x—200.

2. **Fever and Delirium**—If there is fever only, give *Aconite* 3x. If fever is accompanied with red eyes ; prominent, throbbing blood-vessels on temples and excitement of mind, give *Belladonna* 6 or 30. If patient is delirious and pick up bed-clothes, or starts up from bed, *Hyoscyamus* 6. If patient gnashes his teeth, scratches the tip of his nose, turns upward the white of his eyes, and has waterbrash, *Cina* 3x—200. If patient is furious or maniacal, and attempts to bite those about him, *Strammonium* 6. If patient is comatose, and lies with half open eyes, *Opium* 6-30. If there is pneumonia, *Bryonia* 6 or *Phosphorus* 6. If there is inflammation of, or burning pain in stomach, *Arsenic* 6, *Nux Vom.* 30 or 200, *Bryonia* 30. If there is inflammation of the liver, *Bryo.* 6, *Nux Vom.* 30, *Merc. Sol.* 30. If with fever there are frequent evacuations, *Merc. Cor.* 30, *Nux Vom.* 30, *Ipecac* 6, *Carbo Veg.* 30 or *Acid Phos.* 30. If there is suppression

of urine with fever, *Aconite* 6-30 alternately with *Cantharis* 6 or *Terebinthina* 6. If with typhoid condition there are thirst, delirium and apathy, *Rhus Tox* 6.

3. **Suppressed Urine and Drowsiness**—If urine is not secreted or retained in bladder ; abdomen is distended ; delirium and convulsions present, *Cantharis* 6. If patient is drowsy ; on urine passed, *Arsenic* 6x. If cantharis 6 in 2 or 3 doses is unavailing and pulse is weak, *Terebinth* 6. If urine is not voided ; pulse is full, *Kali Bichrom.* 6. If, inspite of all these, no urine is voided, try *Belladonna*, *Stramonium*, *Hyoscyamus*. *Cicuta*, *Opium*, *Cannabis Indica* in 6th or 30th potency, A rag soaked in cold water or water containing Nitre in solution may be applied, over the lower abdomen, May also apply heat to the loins the back.

4. **Hiccough**—Try *Verat. Alb.* 30 or *Ars.* 30. If hiccough is persistent and at times fairly strong ; nausea ; deafness during the intervals between hiccough, *Belladonna* 6. If patient is unconscious and there are occa sional and loud hiccough. *Cicuta* 3. Pain and sensation of weight at the pit of the stomach ; gripes ; cramps of abdominal muscles ; hiccough follows meals ; rumbling noise inside abdomen and involuntary passage of water during the spasms of hiccough, *Hyoscyamus* 6. Hiccough on slight movements ; depression ; white of eyes rolled upwards during interval between hiccoughs, *Carbo Veg.* 6. Hiccough after meals or smoking. *Pulsatilla* 6. A sensation of weight at the pit of stomach and hiccough, *Phosphorus* 6. Hiccough after food or drink ; gripes around the navel and pain in liver and stomach, *Ignatia* 6. Persistent hiccough with nausea but not thirst,

Staphysagria 6. Other medicines suggested are : Kreosote, Antim tart., Aconite, Arsenic, Cuprum, Secale cor., Acid phos.

5. Nausea and Vomiting—Constant nausea but actually no vomiting of acid or bilious matter. *Ipecac* 6. Nausea subsides as soon as actual vomiting occurs, *Antim Tart.* 6. Vomiting as soon as nausea appears, *Nux Vomica* 6. Where Nux Vomica or Ipecac used singly is unavailing, use them alternately for 2 or 3 doses. Even if then no benefit follows try *Podophyllum* 6. Vomiting immediately after fluids drinks, *Eupatorium Perp.* 6. Dr. Nash found Phosphorus efficacious in cases with intense thirst for copious cold drinks and vomiting sometimes after the drinks.

6. Diarrhœa—Occasionally mild evacuations are met with in the reaction stage. They disappear with good nursing and careful feeling. If however diarrhœa tends to be severe, use the indicated medicines mentioned under "the fully developed stage." These failing, the following remedies are suggested : Urine is passed but there is much nervous depression, and diarrhœa is free, *Acid Phosphorus* 6—30. Liver is tender ; stools are small, bilious and liquid, *Podophyllum* 3-30. Abdomen slightly distended ; slight yellow, fœtid, liquid evacuations take place after rumbling noise inside abdomen, *China* 6-30 or *Ferrum* 30 alternately with *China.* Stools are sticky, mucous or bloody ; liver is painful ; slight yellow discolouration of eyes ; foul odour in mouth, *Merc. Sol.* 6. Blackish liquid motions, *Rhus Tox.* 6 or Ricinus 6. Bloody stools, *Carbo Veg.* 6. Scarlet-red stools, *Ipecac* 6-30.

7. **Flatulence**—Distention of abdomen with gas and diarrhœa present, *Carbo Veg.* 30. Flatulent distention with very hard months, *Lycopodium* 30, *Opium* 30 or *Merc. Sol.* 6. Flatulence with diarrhœa or constipation, *Nux Vomica* 6.

8. **Prostration**—China 30, Acid Phos. 30.

9. **Sleeplessness**—Coffea 6.

10. **Abscesses or Parotitis**—In any case of pus formation, *Hepar sulph.* 6. If pus goes on secreting after an abscess has burst or been cut open, *Silicea* 30. In parotitis without pus formation, *Belladonna* 3x. If pus forms, *Lachesis* 6 or *Silicea* 30. Bed-sores with presence of discharge, *Lachesis* 6, *Ars.* 6, *Carbo Veg.* 6 or *Arnica* 6. Sores in eyes, *China* 6, *Pulsatilla* 6. Ulcers in gum or inside mouth, *Acid Nitric* 6, *Hepar Sulph.* 6, *Carbo Veg.* 6. In gangrenous sores inside mouth, *Aurum* 6, *Ars.* 6, *Sulphur* 30, *Silicea* 30. Gangrene calls for *Arsenic* 6-200, *Lachesis* 6, *Crotalus* 6.

11. **Pneumonia**—*Aconite* 3, *Phosphorus* 6.

(For the treatment of Infantile Cholera *vide* the "Infantile cholera" under the Chapter on 'Diseases of Infants & Children').

Saline Treatment of Cholera—Lt. Col. Sir Leonard Rogers, Kt., C. I. E., M. D., I. M. S., F. R. C. P. etc., late Director of the School of Tropical Medicine, Calcutta and Professor of Pathology, Calcutta Medical College, has introduced what is known as the intravenous medication by *Hypertonic Saline Solution.* This treatment seeks to replace the salt and water lost from blood ; as much as five pints of such solution may have to be introduced through veins. The saline solution contains per pint 120 grains of salt (sodium chloride) and 4 grains of calcium chloride. Along with this, Sir Rogers advises to use Atropine Sulph. gr. 1/100 and, where necessary, "Pitutrin" and to administer Calcium Permanganate in 2 gr. pills (salol coated) by mouth.

The injection of saline through veins is devoid of any risk to the patient ; but subcutaneous or intracellular injection of it is not without its risks.

Pure Homœopaths, however, prefer the Salt-water treatment (recommended under the fourth or reaction stage of cholera, page 120—121) to the Saline Treatment of Sir Leonard Rogers.

PLAGUE (Pestis)

It is a blood-poison, in which death rapidly supervenes. Plague is traced to Egypt, 2400 years ago. In 1895 it came from Hon Kong into India.

Causes—A small germ, *called bacillus pestis* is the cause of plague. This germ resides in the body of rat-fleas. When a rat is affected with plague, the fleas suck its blood and thereby come to harbour myriads of the plague germs in their body. When the rat dies the fleas leave its boody in quest of fresh blood, which is their food. In this way, they sit on the legs of human beings or attack themselves to the body of a fresh rat and bite them. At the time of biting man or rat, a flea discharges a lot of germs into the blood of the host and this is how plague-germs get inside our body. Plague, therefore, commences first in rats and is communicated from rats to men by rat-fleas. See Appendix C. (4).

Symptoms—The incubation period is short—5 hours to 7 days and is characterized by mental and bodily depression. Then suddenly, after nausea and a sharp chill, temperature rises high (even to 107°F.), the patient becomes unconscious or delirious and sweats much. There may be bleeding from any of the natural body orifices or into skin (ecchymoses). "Bubo" (*i. e.*, tender, swollen lymphatic glands) soon appears either on the neck or in the armpit or in the groin.

Prognosis—Symptoms of bad omen are: Ecchymoses, bleedings, diarrhœa, gangrenous condition of the bubœs. Symptoms of favourable auguary are: Pus formation in the bubœs and subsidence of temperature.

Varieties—(1) *Bubonic*—in which one or more glands swell. (2) *Pneumonic*—in which pneumonia is the chief symptom. (3) *Intestinal*—in which flatulence, diarrhœa or other intestinal troubles prevail. (4) *Septicœmic*—in which the whole system is at once and very badly affected.

Prevention—Open up dark corners to light and sunshine. Avoid granaries and kill rats. Dot not walk barefooted or remain bare-legged. Burn all dead rats at once with kerosene. Tie an Ignatia Bean' round the arm or waist.

Treatment—As soon as plague is diagnosed, give *Pestinum* or *Plaguinum* 30 or 200, twice daily; also *Ars.* 3x—3 (1) *During Incubation Stage*—*Ignatia* 3. (2) *In the* *septicœmic form*—For fever with delirium, Belladonna 6. *For the fully developed stage*—Naja 3 or 6. (3) *In Bubonic type*—Badiaga 1x internally and externally over the bubo. (4) *In Pneumonic type*—Phosphorus 6—30. (5) *In the Enteric type*—Arsenic 6-30.

For collapse—Acid Hydrocyanic 3, 6 ; Ars. 6 ; Cuprum 6 ; Secale cornutum 3 ; Nicotine 6-30 ; Carbo Veg. 6, 12, 30 ; Kali Cyanatum 3x ; Cobra or Naja 6, For *Dropsy*—Apis 3—30. For *Delirium or Painful bubo*—Belladonna 3x—6. For *eppression purpura*, etc—Lachesis 6—30. For *Bleeding*—Crotalus 3—6. For profound depression, restlessness, ulcer, yellow eyes and when the patient feels as if bruised—Naja 3—6.

Dr. M. L. Sarkar (*vide*) his 'Plague' in the Calcutta Journal of Medicine, Nov. 1897) recommended these—Ignatia, Aconite, Belladonna, Cobra, Crotalus, Lachesis, Elaps, Phosphorus, Arsenic, Merc. Cor., Baptisia, Acid Carbolic, Antim Tart., Carbo Animalis, Carbo Veg., Pyrogen, Anthraxinum, Kali Phosph., Loimine, Rhus Tox., Ailanthus, Muriatic Acid, Phytolacca, Apium Virus, Opium, Hyoscyamus, Stramonium, Ipecac, Antim Crude, Hepar Sulph, Silicea and Badiaga. These should be used only by qualified physicians.

Regarding—(1) *Cobra* or *Naja* 3 (in powder)—Its indications are : Pain all over the body ; restlessness ; difficulty in breathing ; drowsiness ; senselessness ; bleeding : pulselessness ; blueness of whole body ; loss of vitality. If patient is unable to swallow the medicine, give it hypodermically. Cobra (Naja), 1 to 1,000, in glycerine (3x trit.) was used successfully by Major H. E. Dean of the British Army in India. (2) *Pyrogenium*

30—200—Use it in hyperpyrexia. (3) *Kali mur.* 12x (trit.)—200—According to the biochemists, it is a valuable plague-remedy.

Accessory Treatment—Keep the room well ventilated ; burn in the room sulphur *neem* leaves in powder.

Diet—Milk and Sago or Barley or Arrowroot-gruel ; fruit juice ; moong or masoor dal juices. Feed the patient with nutrient enemata, if necessary.

FEVER

Fever, as evidenced by hot skin or by rise of temperature above 98°F. is not a disease but a symptom. It is a symptom of deep-seated inflammation inside the body or of blood poisoning. But since, as a leading symptom, it furnishes valuable clue to treatment, fever is set up as a disease entity in medical literature.

SIMPLE FEVER

Cause : Exposure to cold or wet or to inclemencies of weather, dietetic indiscretions, excessive fatigue, etc.

Treatment (1) *Aconite* 3x (every 2 or 3 hours) : If fever is due to exposure to dry, cold wind or to fear or to surgical operations ; intense thirst or restlessness are prominent symptoms. (2) *Belladonna* 6 : Intense headache ; eyes red. (2) *Rhus Tox* 6 : pain all over the body, especially so in the loins ; fever due to exposure to damp rainy weather ; or from getting wet after being over-heated or while perspiring. (4) *Dulcamara* 6 : Fever due to getting wet in rainy reason. (5) *Ipecac* 6 : If nausea is very troublesome. (6) *Pulsatilla* 6 : If fever is due to errors in diet or free baths and if the patient is thirstless.

CATARRHAL FEVER

Cause : Exposure to cold or wet, especially after one being over-heated ; sudden checking of perspiration ; taking of too much acids or *dadhi* (curd) ; indigestion.

Symptoms :—Running from the eyes and nose ; flushing of face ; redness of eyes, pains and aches all over the body ; headache ; sneezing ; nausea ; yawning ; hoarseness of voice ; cough ; pain in the chest ; constipation.

Treatment :

(1) In the commencement, take *Camphor* (either Rubini's or solid camphor gr. 1 with betel).

(2) Sneezing, rise of temperature, running from nose and eyes, restlessness, thirst : *Aconite* 3x—6.

(3) Constipation ; stuffy sensation in the nostrils (especially at night) : *Nux* 6—30.

(4) Nausea or vomiting : *Ipecac* 3x.

(5) Acid watery discharge from nostrils : *Arsenic* 6.

(6) Eyes red, sleeplessness, headaches : *Belladonna* 6.

(7) Pain in chest and bronchitis, heavy head ; aches in hands and feet and back . *Bryonia* 6.

The patient should keep away from cold and wrap himself up warmly ; rub for mustard-oil over nose, chest and sole of the feet. Take light diet.

CONTINUED FEVER

(Seven day or Ten-day fever)

Symptoms :—Beginning with chill and rigor, patient feels now chilly now hot ; the skin is hot, dry and rough ; there are restlessness, thirst, dry and white-furred tongue, quick and full pulse, rapid breathing, high coloured and scanty urine ; pain in the spine and loins, constipation or diarrhœa, loss of appetite, headache, etc.

Causes :—Change of season ; exposure to wet or cold ; sudden checking of perspiration ; excessive bodily and mental labour ; indiscretions in diet ; hurt ; night-keeping ; accumulation of waste-products inside the body.

Treatment :

Aconite 3x.—Pulse small, quick, bounding ; skin dry and hot ; alternate feelings of heat and cold ; frequent sneezing ; thirst, restlessness and high temperature ; headache ; quickened respiration ; aggravation of symptoms at night ; slight delirium ; fear of death. Stop medicines as soon as sweat appears.

Belladonna 3-30.—Inflammation of meninges, of brain and of throat ; slight chill but intense burning sensation ; absence of sweat or slight sweat on covered parts ; sleeplessness ; thirst ; dry lips and mouth ; delirium ; intense headache ; moaning. Belladonna is especially indicated in the cases of children and in stout and plethoric persons.

Bryonia album 3, 6, 30.—Heavy head ; pain in the throat, head, neck, upper and lower limbs and back, aggravated by movements ; dry cough, with difficulty in breathing ; burning pain in the stomach ; tongue coated with yellow fur ; vomiting of food matter, mucus and bile ; face yellowish ; constipation ; intense thirst ; pain in the region of liver ; temperature fluctuates ; pulse quick ; mouth dry : bitter belchings.

Cina 3x-200.—Fever with worms,

Gelsemium 1x.—Especially useful in the case of children. Intense prostration—tremulous extremities and tongue ; blurred speech ; inability so much as even to keep the eyes open or to lift the head ; dizziness and drowsiness ; blurred vision ; weak pulse ; slight or no thirst.

Veratrum viride 1x.—Pulse full, quick and hard ; tongue yellow, furred with reddish centre ; much rigor ; headache (especially frontal) and dizziness ; nausea ; weakness.

Eupatorium perf. 3.—Headache ; nausea or bilious vomit, especially after cold drink or after cessation of rigors ; pain all over body and especially in bones.

Ferrum Phos. 3x, 6x, 12x.—Fever with cough. Fever is not so high as in the case of Aconite, nor pulse so weak as in Gelsemium.

Ipecac 3x, Nux 3, Pals. 3, Rhus. 6, Phosphorus 6, Sulphur 3, may also be used according to their indications.

Diet :—Sago or burley gruel, till fever is off. Four days after this, can take rice. Cold water may be drunk.

MALARIOUS INTERMITTENT FEVER

'Malaria' means 'bad air' or 'miasma' and 'intermittent' means a fever in which the temperature comes down to normal or below normal in 24 hours.

Cause :—The presence, in our blood, of a microscopic parasite is the cause of malaria, It gets entrance into our blood by the bite of the *female* of a particular type of mosquito, called the ***anopheles.*** Malarial germ is transmitted from an actual sufferer's blood ***pari passu.*** If the bite is a direct one—from the sufferer to the healthy, no infection occurs. Three conditions must therefore be fulfilled for getting an attack of malaria.—

(a) A man ***actually suffering*** from malaria must be bitten by a female anopheline mosquito.

(b) It must be an anopheline mosquito and only the *female* of that particular species.

(c) About ***10 to 12 days after*** biting the sufferer, the mosquito can transfer the parasite to a healthy man.

Symptoms :—Four things characterize a malarious case. (1) *Periodicity*—*i. e.* the fever comes almost at about the same hour every day. (2) Enlargement of *spleen*. (3) Gradually increasing *anœmia* or paleness of the body. (4) Onset with *chill or rigor* and leaving with drenching *perspiration*.

Types :—(1) *Quotidian*—fever comes once a day. (2) *Tertian*—fever comes every other day. (3) *Quartan*—fever comes once every fourth day. (4) *Double quotidian* in which fever comes twice a day.

Fever may be 'anticipated' :—*i. e.*, come earlier every succeeding day or 'retarded' *i. e.*, come later every succeeding day.

Stages of an 'attack (seen only in the early parts of the illness) :—(1) *Rigor Stage* : The extremities become cold and a sudden feeling of chilliness is followed by a severe rigor or shivering.

(2) *Hot Stage* : Then follow a feeling of heat, when patient casts off all clothes.

(3) *Sweating Stage* : In this, the patient sweats profusely, which is rather exhausting but somewhat refreshing.

Treatment* :

As a rule, medicines are to be given during apyretic or non-febrile period or defervescence.

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*Preventive measures against Malaria :—(1) Keep your body well-covered at night and use mosquito-curtain. (2) Isolate the sick. (3) Put wire-gauze to doors and windows to prevent inroads of mosquito. (4) To prevent mosquitoes from developing—fill up the holes, tanks or diggings in the ground ; pour kerosene oil over tanks especially over the portions not much frequented ; cultivate techoko fish or other fishes in the ponds that eat up the young ones of mosquitoes. Remember that mosquitoes breed in shallow and still waters where it is easy to destroy them.

Chininum Sulph. (Quinine Sulph.) 1x—3x (trit.)—Fever three hours during defervescence and when the three stages are well marked.

Quinine should not be given when the stomach is over-loaded. Those who are interested in the use of Quinine in homœopathy, may read with advantage :—Dr, Hughes' *Practice*, pp. 253—256 ; Kippax's *Lecture on Fevers*, pp 59 ; Sands Mills' *Practice*, pp. 117 ; Cowperthwaites' *Practice*, pp. 636—640 ; Gatchell's *Pocket Book* pp. 75—77 ; Dr. Sarkar's Monthly Homœo. Review xvii, pp. 522 ; Homœopathic Congress Report 1874 ; Vincent's *U. S. A. Medical Investigator*, Vol. II ; Clokey's *Journal of Brit. Homœo. Society* pp. 290 ; Blien's *Journal of Brit. Hom.* Vol. VI., pp. 104 ; Holcombe, Ellis, Douglas, Massey, Poulte, Hempel, Bæhr, Roth, Burt, Kafka, etc.

Eupatorium perf. 3. - Nausea and a cold shivering along the back pracedes the fever ; vomiting (often bilious) precedes fever and lasts till the end of hot stage ; and is excited by cold drinks. Severe pain in bones and joints ; intense aching all over the body, as if the bones were broken.—Very restless, can't keep still. Motion or pressure does not relieve pain. Yawning and stretching ones self. Useful in Dengue.

Arsenic alb 3x, 6, 30, 200.—Valuable in pernicious fevers in their chronic stages. In *Pernicious intermittent fevers*, with little marked hot and cold stages, or one of them is either completely absent or rather prominent ; no sweating or profuse and delayed sweating ; enlargement of liver and spleen ; restlessness, pains and delirium during fever or its decline ; *much prostration*. Arsenic is also of value in quotidian, tertian an quartan fevers ; in fevers with double or treble daily accessions ; in fevers due to abuse of quinine ; in low fever ; in fevers with enlarged spleen and dropsy ; in fevers that are characterized by commencing with cold extremities, rise of temperature, burning sensation of body preceding rigor ; much thirst, quenched by small sips, but immediately followed by nausea ; tongue clear ; progressive weakness.

Baryta Carb. 6-30—No thirst in any of the stages of fever. Constant coldness ; whenever the patient uncovers his hands he feels chilly and thirsty. Very sensitive to cold air and change of temperature. Chill begins at the feet with hairs standing on end, Attacks generally at 8 P. M., afternoon and evening. Debilitating night-sweats ; sweat offensive, sweat especially on the left. Tongue thickly white-coated. Adapted to the young and the old.

Capsicum 6.—Thirst before rigor (especially in the morning) ; bilious vomitings during fever ; slight sweatings following quickly upon the onset of the hot stage ; pain in bones.

Cimex 30.—Thirst precedes or accompanies rigor ; sweating ; headache ; fist is closed at the onset of the rigor ; at the end of the chill-stage much thirst and free urination follow drinking of water. During chill pains in all joints, as if tendons were too short (specially knee-joints).

Arnica Montana 6-30.—(1) In *Intermittent fever with morning exacerbation* : Yawning before onset of chill ; much weakness. Pain in bones, a sore bruised feeling all through the body as if beaten ; frequent turning in bed from a sense of hardness of even a soft bed ; heat of the upper part of the body, coldness of the lower ; no sweating. (2) *In simple fever* : A sense of chilliness inside the body and of heat on the surface ; intensifications of chill on drinking cold water or on applying heat to the body.

Ipecac 3, 6, 30.—Fever due to stomach derangements ; nausea or vomiting ; tongue coated yellow ; yawning and stretching of the limbs before attack of fever ; external heat aggravates chilliness ; much thirst during the hot stage and none during the cold stage ; diarrhœa with greenish mucous stools ; bitter taste in the mouth. *In tertian malarious fever* : before fever has developed, a dose of Ipecac 30 is recommended by Jahr, as capable of aborting an attack. When, however, fever has fully developed, use the medicines indicated by the symptoms.

Ignatia 6, 12, 30.—*In intermittent fever* : Thirst only during the cold stage ; chilliness diminished with application of warmth to the body surface ; a sensation of chilliness inside the body and of heat outside it, or *vice versa* ; heavy sensation in head during the hot stage ; face pinched. *In remittent fever* : Itching all over ; nettle-rash ; burning sensation in one-half of the face ; deficient sweat or sweating of the face ; body-heat increases in the afternoon, but no thirst.

Antim Crude 6. - *In intermittent Fever* ; Pulse is normal ; much chilliness, even in warm room ; no thirst ; cold feet at night ; sweating on awaking in the morning ;

tongue coated white ; alternate diarrhœa and constipation ; relish for acid things ; patient is frequently inclined to sleep. This medicine is valuable to the old with morning diarrhœa, and to young people disposed to grow fat.

Podophyllum 6.—Morning rise of temperature with diarrhœa ; stools changeable in colour and in nature ; tongue coated white ; loss of appetite ; foul breath ; pain in the regions of spleen and liver ; pain in back before onset of chill ; sleep during the sweating stage.

Cina 2x-200.—In fever of children due to worms ; the fever seldom leaves the child ; it picks at its nose and there is flush on the cheeks ; there is appetite but no thirst. (Hughes' *Pharmacodynamics*, pp. 447 ; Nash's *Typhoid*, pp. 89—93).

Elaterium 3-6.—Accession of fever in the morning ; nettle-rash (relieved by scratching) appears with defervescence.

Rhus Tox. 6-30.—Intermittent fever merges into continued fever ; fever due to getting wet ; rectlessness—patient tossing in bed ; pain in the loin ; diarrhœa with or without blood.

Sepia 12-30.—Chronic fever ; fever once every month ; fever in pregnant women ; fever without thirst ; sensation of chilliness on movement ; and sensation of ice-cold surface of body.

Antim Tart. 3-6.—In intermittent fever, if there is no thirst during the cold stage ; pain in thighs ; cold clammy sweat ; rigor or, burning sensation all over ; drowsiness during height of fever.

Carbo Veg. 6-30.—Useful in intermittent fever ; pulse feeble and quick ; rigor in the evening ; sometimes a sensation of chill in only one side of body ; during the cold stage thirst, burning sensation of the body and sour-smelling debilitation sweat follow each other ; headache before the cold stage ; pains in the body ; extremities and breath feel cold, face flushed, patient needs constant fanning. Useful also in fever due to abuse of quinine or mercury.

Opium 6-30.—(1) *In acute fevers* : Pulse full but slow, patient sleeps with lips separated and snores loudly ; much burning sensation after sweating. (2) *In intermittent fever* : fever comes on with rigor ; during the cold stage, patient feels inclined to sleep, and gets twitchings of his body ; no thirst during the cold or hot stage ; much sweating ; "coma vigil" ; useful in the fever of the old people and children.

Cactus 1—Intermittent fever with chill coming on daily at the same time (especially at noon) ; it is succeeded by burning sensation, quickened respiration and beads of sweat in the cold stage ; much thirst ; cold feeling in the back ; palms icy-cold.

China 3x, 6, 30, 200.—(*The fever never comes at night.* China is useless in the intermittent fever due to abuse of quinine ; and China 200 is of doubtful efficacy). Pulse small, quick, irregular ; pulse slows down and sleepiness comes on after meal ; enlargement and tenderness of liver and spleen ; stools liquid, sticky or bilious, thirst immediately before and after the cold and hot stages ; palpitation with onset of fever ; headache with prominent vesicles on forehead ; headache during the cold stage ; chilliness all over the body ; nausea ; want of thirst, burning sensation, parching of mouth and lips during the hot stage ; profuse sweat and thirst after the hot stage, no matter, whether during the cold stage thirst and sweat were present or not.

Gelsemium 1x-6.—Pulse feeble, soft and quick ; fever is ushered in with cold sensation in the back ; pain in the back or all over the body ; fever comes every afternoon ; extremities icy-cold ; head is hot and face is flushed ; no thirst ; patient lies listless in the hot stage.

Baptisia 1, 3, 6.—Fever is due to inhaling miasms or drinking water from dirty tanks. Intense headache ; delirium ; patient is too early prostrated ; thinks his body is broken or cut to pieces and the parts are scattered about, tries to collect those parts together and tosses about in bed ; temperature 104°—107° F. ; urine is scanty ; stools are slate-coloured. *Foul breath & fetid discharges*—sweat, urine and stool are offensive. Can't swallow anything but liquid.

Nux Vomica 6, 12, 30.—Useful in fevers coming on in the morning ; in fever coming on in the afternoon, evening or night ; the extremities feel benumbed ; sensation of heat inside the body and cold outside or *vice versa* ; inspite of the internal hot sensation, patient is loath to uncover himself ; face red and hot ; nausea ; dizziness ; constipation ; blueness of nails or extremities ; external application of heat does not relieve the chill ; rigors ; chill increases by cold drinks ; sensation of heat before and after the chill ; acid-smelling sweating at midnight or in the morning. Nux Vomica is useful in fevers that "anticipate"—*i.e.*, come daily before the hour of the preceding day. Nux Vomica acts best if taken exactly at sun-down.

Sulphur 30.—Thirst before but none after chilliness; temperature ranges from 103° to 105° F. throughout the day and night; as if the body were being roasted; profuse sweat at night; exhaustion follows fall of temperature; tongue coated or yellowish. It is useful in fevers due to abuse of quinine. Dr. Allen believes that Sulphur is more valuable than quinine in malaria.

Eucalyptus Glob *θ*,—Dr. Dewy, Bœricke and Anshutz prescribe it in intermittent malaria cases. Its indications are: Heat of the body is great; palpitation; purulent phlegm; stomach-troubles; inflammation of kidneys; accumulation of foul gas inside the abdomen; blood poisoning; prostration.

Menyanthes 3-30.—Much chilliness; no thirst; lower abdomen, extremities and tip of nose are icy-cold; *excessive coldness of legs.* Useful in quartan fevers.

Lachesis 6-30.—Aggravation of symptoms as soon as patient wakes up from sleep; periodic fever in drunkards or during menopause, garlic-like odour in the sweat of arm-pit; blueness of the body during fever; fever due to abuse of quinine.

Calcarea Carb 6-30.—Chronic malarious fever; slight temperature persists even in the so-called pyretic stage; low fever; fever comes on at 11 A. M. or 2 P. M.; thirst present during cold stage but absent during sweating or hot stages. Fæces consist of undigested food; diarrhœa or constipation. Useful to patients with pot-belly or to those susceptible to cold.

Calcarea Arsenicum 6x (trit.)—Intermittent fever ; enlargement of liver and spleen (specially in children) ; difficult breathing ; palpitation.

Alstonia *0*-3x.—In anæmia or dysentery associated with malaria.

Chamomilla 6-12.—Useful in the fevers of children ; fever due to dentition and accompanied with diarrhœa ; child is peevish and wants to be carried about ; child is restless ; one cheek is red, the other pale ; tongue coated yellow ; frequent and copious urination ; fever is ushered in with slight chill ; thirst during the hot and sweating stages ; sensation of chilliness in some parts and heat in others.

Natrum Muriaticum 30.—Fever comes on with much rigor and thirst at 10 or 11 A. M., intense headache from the hot stage onwards ; body is emaciated ; "*fever-blisters on the lips*" ; enlargement and tenderness of liver and spleen ; prostration and sweating after defervescence ; during the sweating stage all complaints are gradually relieved, except headache. Fever due to abuse of quinine and arsenic.

Pulsatilla 6, 12, 30.—Fever due to gastric derangements or biliousness ; fever between 1 and 4 P. M., ; chill and rigor last long ; hot stage is short ; *no thirst ;* thirst during hot stages only ; sensation of unbearably dry heat of the body in the evening ; burning sensation in palms and soles ; sometimes the hot stage appears very soon after or simultaneously with the cold stage ; ***one sided sweat***—

only on the right or on the left, sweat on the right side of the face. Sleepiness after meals ; fever due to abuse of quinine.

Ferrum Met. 6-30.—Fever due to abuse of quinine, especially if fever is associated with enlarged spleen, diarrhœa and dropsy ; pulse full and hard ; frequent chill and rigor ; temperature is subnormal ; body is pale and anæmic ; vomit of ingesta ; prolonged sweating ; increase of symptoms during the sweating stage.

Ferrum Arsenicum 6.—Fever and enlarged spleen ; anæmia due to abuse of quinine, intermittent fever stools consists of undigested food ; dropsy ; urinary troubles.

Ceanothus θ-1x.—Spleen remains enlarged, even after fever is cured ; tenderness in liver and spleen.

Malaria Officinalis 3x-1000.—Used in chronic malaria and in case due to wrong use of quinine.

Urtica Urens θ—Boils due to malaria ; gout ; enlarged liver and spleen ; insomnia. Take 10m. of mother tincture in an ounce of hot water, twice daily ; this way keep up the temperature longer or higher ; but ultimately it cures. If needed, use a dose or two of Natrum Mur-6x.

Causticum 6.—If urination is copious during convalescence, and chill predominates, it is more marked than the other stages ; left sided chill ; no thirst during hot and sweating stages ; sweat smells like urine.

Muriatic Acid 6.—Patient is weak and passes fœtid stools. Low type of intermittent and malarious fevers. Chilliness awakens him ; cold extremities, cold sweat on feet. Heat without thirst.

Apis Mel 3, 6, 30.—Pulse quick and full ; pain in the lower abdomen, in the region of the liver and in back ; bitter taste in mouth ; tongue coated yellow ; headache and heavy sensation of the head ; now sensation of chilliness, now of heat ; bilious vomit ; nausea ; pain on coughing ; chilly sensation in the right-half of the body before evening tide ; chilliness more inside rooms than in open spaces ; little or no thirst ; head feels hot ; slight perspiration occasionally ; patient sleeps during sweating ; skin dry and rough ; dropsy ; delirium ; sudden screams (especially in children) ; loss of motion and sensation ; scanty urination ; swollen tongue.

Veratrum Viride 12-30—Pulse full and hard, quick and bounding ; temperature high ; palpitation ; nausea ; chilliness ; strong convulsion ; congestion of brain.

Lycopodium 12-30.—Fever comes on at 4 P. M. and leaves at 8 P. M. ; much chill and feeling of chilliness all over the body ; chill generally begins in the back and extends all over ; coldness of hands and feet ; constipation ; flatulent distention of abdomen ; pain in the region of liver ; burning sensation.

Cedron 1x, 2x, 2.—Congestion of brain ; want of sweat, or copious sweating ; fever with chill and rigor. ***Periodicity marked ; fever comes on regularly at the same time.*** Fever contracted in low or marshy soil.

In Double Rise of Fever—Elaterium 3, China 6, Bell 6, Graph. 6, Stram. 3, Sulphur 30, Antim Crude 6.

In Anticipating Fever—Antim Tart. 6, Ars. 6, Chin. Sulph. 3x trit., China 6, Ignatia 6, Natrum 30, Nux V. 6.

In Morning Fever—Nux Vom. 6, Bryonia 6, Hepar 6, Ferrum 6, Lyco. 30, Gels. 1x, Natrum 30, Podo. 6, Sepia 12, Sulphur 30, Thuja 6.

When Intermittent Fever merges into Remittent Fever—Gamb. 6, Gels. 1x, Podoph. 6, Eupator. Perf. 1x—3.

During Convalescence—In the enlarged spleen : Ceanothus θ or Merc. Bin. 3x—6x. In liver enlargement : Phos. 6—30. In neuralgia or jaundice : Chelidonium 6. In cachexia : Ars. 30—200 or Nat. Mur. 30—200. In anæmia and debility (before dropsies) : Ferrum Ars. 6. In green sickness (chlorosis) : Puls. 6—200.

In Malarial Cachexia—[This is now looked upon as the sequel not of malaria but of Kala-Azar]. *Arsenicum* 6—200 : Pals or lemon tint of the body ; tongue raw red ; abuse of quinine ; preliminary stage of phthisis. *Calc. Ars.* 6x trit : Urine is abnormal ; palpitation ; enlargement of liver and spleen (in children). *Chininum Ars.* 2—3 : Continued fever ; prostration ; neuralgia ; breathlessness ; icy-cold body. *Natrum Mur.* 30 : Pallor of body ; constant chill ; enlarged spleen ; constipation ; headache in the daytime ; abuse of quinine. *Sulphur* 30 : patient steadily gets worse.

In Chronic Fever—Ars., Nux., Pulse., Verat. Alb., Ignatia, Ipecac, Natrum Mur., Arnica, Capsicum, Acid Phos., Sulphur, Arnica, Cedron, Eupatorium—all in 6—30 potencies.

A changes of climate affords best results in many cases.

Diet (in acute fever)—During the cold stage, drink hot water, never drink it cold. During the other stages, can drink hot or cold water as desired. So long as fever is high, it is best to avoid any food but very dilute fluids like barley or sago-gruel. When fever subsides, milk may be given with sago or barley, sweetened if desired. Succulent, juicy fruits like pomegranate, cucumber, grapes, oranges, lemons may be freely given. After 3 days of apyrexia, patient may have soft rice (old) with moong-dal-soup or fish-soup.

KALA-AZAR

Malarial Cachexia of old writers. 'Black Fever' or Dum Dum Fever, Leishman Donovan Infection)

It is a disease caused by the entry of microscopic living Leishman-Donovan bodies into our blood through the bite, probably of infected bed-bugs. It is characterized by daily double or treble attacks of fever at first and later by single, irregular fever, enormously enlarged spleen, wasting and anæmia ; tendency to bleed from various parts of the body and a blackish discolouration of the whole body.

Treatment—*Arsenic* 3 – 200 : Fever, dropsy, anæmia. *Phosphorus* 3 – 30 : Tendency to bleeding. *Ceanothus* 2x : Enlarged spleen. *Carduus Marianus* θ – 3x : Enlarged liver.

Apis, Lachesis, Crotalus, China, Quinine, Ac. Phos., Ferrum Ars., Ferrum Phos., Ferrum Cyan., Ferrum Met. may also be tried.

[The Allopaths treat by bi-weekly intravenous injections of 2% solution of Sodium or Potasium Antim Tart. Beginning in adults, with a dose of 2½ cc. and going up to 5 cc.]

ENTERIC OR TYPHOID FEVER

Cause—The cause is a germ (Eberth's Bacillus Typhosus) which gains entrance into our body through food or drink. This germ is eliminated in the patient's sweat, sputum, urine and saliva. Any of these excreta may get into our food and drink and a healthy man partaking of such food or drink, is liable to get it. [See Appendix C. (4)]. From 10—15 days after the ingestion of those contaminated food or drink, symptoms begin to develop. This period is called the *Incubation Period* of this disease.

Symptoms :—(1) A continued type of fever, increasing daily by one degree or so, during first week remaining more or less stationary during the second and gradually coming down to normal in the third week. (2) Slightly enlarged and tender spleen. (3) Distention of abdomen with gas, especially in the afternoon and particularly in the right lower abdomen, where some tenderness is also felt. (4) Bronchial catarrh.

Complications—(1) *Nose-bleed*—especially at the commencement. (2) *Bloody stools*—or discharge of pure blood (melæna). (3) *Diarrhœa*—stools resembling "pea-soap." (4) "*Typhoid condition*"—*i. e.*, patient lies listless and apathetic, with eyes half open, dry tongue and lips apart and with "sordes" collected on teeth. (5) *Retention af urine.* (6) *Bed-sores.*

Pathology—The portion of small intestines called *ileum* is the seat of inflammation and ulceration. Hence, this spot (corresponding roughly to the right lower abdomen) is tender on pressure and often gives a sort of gurgling sensation to the examining fingers. This spot causes poisons to be discharged into blood, bringing about a sort of blood-poisoning, which is called the typhoid fever. About the 10th day, in very fair coloured people *rose-red pimples* or rashes appear on the upper abdomen. The *tongue* is coated brown in the middle and is dry.

Treatment—*Preventive* : Typhoidinum 30—200. *For Fever* : Bry., Gels., Baptisia, Arsenic, Rhus T. *For delirium* : Bell., Hyosc., Stram., Agaricus. *For melæna* : Hamamelis, Ipecac, Terebinth, Ac. Nit. *For Nose-bleed* : Aconite, Ipecac, Hamamelis. *For Internal troubles* : Puls., Canth., Hydrastis. *For diarrhœa* : Rhus T., Mercurius, Cup., Ars., Phos. ac. *For headache* : Bell., Hyosc. *For Pneumonia* : Phos., Lyco., Agaricus, Ign., Bell., Hyosc. *For peritonitis* : Arsenic, Bell., Rhus T., Terebinth. *For Biliousness* : Merc., Hydrastis. *For Flatulence* : Rhus T. Terebinth, Arsenic, Phos. Ac. *For worms* : Cina, Spigelia, Teucrium. *For Coma* : Bell., Opium, Nux M., Ac. Phos., Helleborus, Rhus T., Apis, Stram., Hyosc., Zincum. *During collapse* : Arsenic, Carbo veg., Acid Mur., Secale, Veratrum, Camph. *For liver troubles* : Chel. M., Merc. Iod. flav. 3x, Leptandra, Melilotus.

For Complications during Convalescence : Puls., Gels., Rhus, Bell., Cocculus, Nux V., China, Sulph., Psorinum, Calc. C., Phos., Ign., Anac., Verat. A. are the remedies that are most commonly used . All the above remedies are to be used in their 3-200 potencies. *For debility after cure* : Acid Phos. 6, Ammon C. 4, Nux V. 6.

Leading indications of some of the remedies :

Bryonia Alb. 3, 6, 30.—Bitter taste in the mouth ; tongue coated and rough ; intense headache ; pain in the chest and all over the body, aggravated by least motion. Great thirst ; mouth, tongue and skin dry ; stools hard & dry. Dreams of business and talks of business in delirium. If delirium is of slow onset, give Bryonia ; if acute, Rhus tox. *Do not use Bryonia if diarrhœa is present.* In the initial stages and in the absence of complication, all though, Bryonia is the proper remedy.

Baptisia 1x-30.—Pulse is full, soft and quick ; delirium ; apathy ; drowsiness ; *falls asleep in the midst of conversation* ; headache ; pains and aches all over the body ; lips and tongue dry ; vacant looks ; restlessness or coma ; physical and mental depression ; patient feels tired of lying in bed, cannot lie in same position, slides down in bed ; bed-sore ; tongue dry, the tip of tongue red with a yellow line in the middle ; sore-throat ; foul breath ; nausea or vomiting. Useful in the first stage ; some advised to give it all through the disease. Stool slate-coloured ; similar stools may be seen in the second week. *Patient feels that his limbs are scattered about in bed, tries to get them together.* All secretions—breath, sweat, stool, urine etc. are offensive. Offensive diarrhœa.

Gelsemium 1x-6.—Heavy eye-lids ; face flushed ; eyes shut ; headache. *Dullness, Dizziness & Drowsiness* from the beginning of typhoid ; *trembling* of the whole body, he cannot move his limbs freely, it trembles at the attempt ; he cannot speak as his tongue trembles. It is followed well by Bapt. (especially useful to children and in the first stage).

Arnica Montana 3-200.—Fetid breath ; apathy. Red yellow or blackish eruption on skin ; sensation of bruises all over the body as if beaten ; inability to express onself ; says nothing has happened to him ; delirium ; coma or insensibility ; unconsciousness, answers correctly but unconsciousness returns very soon, much prostration ; lower jaw hangs down ; often changes position, *bed feels too hard*, bed-sore ; unconscious evacuations ; pain all over, as if patient were beaten ; nose-bleed. Tongue dry, brown at the middle. [There is much in common between the symptoms of Arnica and Baptisia.]

Rhus Tox. 6-30.—When an acute fever turns into typhoid. Flatulence ; tenderness of abdomen ; exhaustion ; occasional mucous diarrhœa ; unconscious evacuations ; offensive odour in stools ; tremors of the jaw ; loss of memory ; drowsiness in day time ; fever with rigor ; sweats only on one side, muttering delirium ; nose-bleed ; tongue coated white except for a red triangle at the tip ; restlessness due to soreness all over the body ; which is relieved by movements and aggravated by rest, mentally restless but physically too weak to move. (Ars.)

Arsenic 6-30—Pulse quick and hard ; Fear of death ; extreme *prostration* and yet patient is *restless* ; moves his limbs about, but cannot move his trunk for physical weakness ; skin rough ; burning *heat of skin* ; cold sweat ; much *thirst* and desire for frequent small sips ; tongue inflamed ; eruptions on skin and diarrhœa ; *aggravation of disease after midnight* ; picking up of bed-clothes ;

tongue clean ; exhaustion with the onset of disease. [Arsenic is rarely used in the acute condition].

Acid Mur. 6.—In the last stage of the disease profound nervous prostration, patient lies unconscious ; pale sinking face ; sore-throat ; extremities cold ; tongue dry ; coating on tongue and gums ; cannot stand cold ; pulse quick and small ; mild delirium, white pimples on upper lip ; dropped lower jaw ; sores in mouth ; fœtid exhausting diarrhœa ; *slides down in bed* ; passes involuntary stools when passing urine ; picks the bed clothes ; pimples on skin. Loud moaning & muttering.

Acid Phos. 6-30.—Apathy and other mental troubles develop before any of the disease-symptoms is manifest. The patient lies quickly on his back, does not like to speak. Rigor ; no thirst ; toes and fingers are icy-cold ; much heat during the hot stage ; but there is no thirst ; hot sensation inside the body but chilly ouside of it. Sweat marked at night and morning. Acid phos. is prescribed, to give strength when delirium has subsided under other remedies. Painless diarrhœa, light coloured stool. Best adapted to persons given to excessive sexual indulgence or when there are frequent night emissions during the disease.

Carbo Veg. 3-30.—In the collapse stage ; extremities cold ; icy coldness, tip of fingers covered with cold sweat ; coldness of legs, cold from knees down ; cold sweat ; eructations ; no pulse at wrist ; fœtid diarrhœa ; face and body pale like those of dead man, when the pulse is sinking, slight failing ; deafness coming on, and the patient gasps for breath.

Terebinthina 6.—Tympanitis, bleeding from the bowels; bloody stools & urine; urine suppressed; nose-bleed; burning sensation in the intestines; mucous diarrhœa; repeated diarrhœa during convalescence. It is a valuable remedy in flatulent distention of abdomen. If it fails, apply the oil of turpentine on the abdomen by means of a rag soaked in it.

Apis Mel. 3-30.—Skin dry and hot; tongue and lips are swollen and tremulous. *Sudden shrill screams*, while sleeping, or on waking; sudden starting during sleep. Œdema of the face, hands & feet, *bag-like* swelling of the lower eye-lids; little or on thirst, trembling of the body.

Zincum Met. 6-30.—In threatened paralysis of brain and when the indicated remedies fail. Moves his feet constantly.

Pyrogenium 6-200.—Septic states; all secretions—stools, urine, sweat, breath are horribly offensive (Bapt., Psor). Bed feels too hard, in whatever position the patient lies; the parts rested upon feel sore and bruised (Arn., Bapt.). Tongue clean, fiery red, dry, cracked; speaks with difficulty; taste sweetish or fœtid. Obstinate constipation, srools large, black, or like small black balls; diarrhœa, stool very offensive. Pulse abnormally rapid, does not correspond with the temperature.

Psorinum 200.—When the disease is suspected to have been due to suppression of any skin-disease or if there is previous history of skin-disease; the reaction is slow; where the patient is naturally sensitive to cold, wants warmth; all *discharges* are very offensive and *badly foul-smelling*. When all well selected medicines fail, a dose of this wonderful medicines satisfies the patient and the physician alike.

Echinachia θ—Cold sweat all over ; destructive sores ; black, bloody, offensive discharges, fœtid breath, profound exhaustion. Septic condition ; diarrhœa.

Hyoscyamus 3-6.—Pulse full, quick and hard ; face hot ; staring eyes ; twitchings of body ; tongue half paralyzed ; sordes on the teeth ; low delirium ; picking of bed clothes and sudden attempts to jump out of bed ; cnnstantly thinks and speaks of sexual matters, exposes the genital & keeps his hand constantly on sexual part. Involuntary urination and involuntary stools ; unconscious evacuations.

Belladonna 6-30.—Throbbing headache ; flushed face ; stiff neck ; dilated pupils ; *delirium*, furious ; tries to bite and strike and to escape ; temperature high ; full, quick, throbbing pulse ; sweating of the covered parts.

Stramonium 3.—Delirium ; talks much and unceasingly ; laughs, prays, sermonizes, makes verses, claps hands over head ; eyes wide open. *Looks terrified* ; sees ghosts and strangers, hears voices ; imagines wild animals are after him, tries to hide or escape ; cannot remain alone and in darkness must have some one near him & must have light. Strange ideas, thinks himself tall, double ; lying crosswise or on back, raises head frequently from pillow. Sensation of heat in head ; headache ; changeable mood, now jolly now sad.

Cina 2x-200.—For the patients who suffer continually from worm-complaints, and when the best selected remedy fails to produce the favourable effects, a dose of

Cina clears up the case. The patient constantly bores his fingers into the nose, grinds the teeth in sleep, hungry soon after his meals ; irritable & cross of the time. Face pale, blue rings around the eyes, cheeks red.

Arum Tri. 6-30.—Delirium ; boring head in pillow, boring in the nose. *Constant picking of nose and lips until they bleed.* Red raw condition of tongue and mouth ; corners of mouth cracked and sore ; hoarse voice ; suppressed urine.

Nux Moschata 2x-200.—Coma ; rumbling inside abdomen ; stinking stools, mouth and throat dry, no thirst

Verat Alb. 6-30.—Onset with vomiting and purging ; unconscious evacuation of rice-water stools nausea and vomiting ; pain in abdomen : *cold sweat on forehead,* extremities cold ; rapid prostration.

Mercurius Sol. 3 or 6.—Bleeding from ulcerated intestinal glands with rise of temperature accompanying ; bitter or fœtid sensation inside mouth : sore gums or throat, tongue large, ulcerated ; sweat all over the body with little or no relief.

Merc Cyanatus 3.—If diphtheria ever complicates typhoid ; great prostration.

Lycopodium 12-200.—Tympanitis, constipation, sensation of fermentation inside the abdomen ; patient is very emaciated ; comatose ; brick-red sediment in urine ; typhoid complicated with pneumonia ; aggravation of all symptoms during 4--8 p.m.

Hamamelis 1x.—Bleeding of pure blood, bed-sores ; sore, bruised feeling over the whole body.

Causticum 6.—Polyuria during convalescence.

Typhoidinum 30-200.—May be used as a prophylactic and also therapeutically all through the course of illness.

Carbo Veg., Opium, Cina, Sulphur, Apis.—See under Intermittent Fever. For other medicines, see under Meningitis.

Diet etc. : Water in moderate quantity, whey, barley-gruel, fruit-juices (strained), milk diluted with water or barley-water ; Plasmon arrowroot ; thin vegetable-soups but no meat or egg-preparations.

The room should be kept clean and freely ventilated. Incense may be burnt in the room after removing the medicines elsewhere. Food should be kept covered. Excreta must be instantly removed from the room and treated with a strong antiseptic solution and the remover must clean his or her hands with soap-water followed by an antiseptic lotion.

TYPHUS

It is an infectious disease. It commences with chill, headache and high temperature (103°—105° F.) and the patient becomes soon comatose and bluish. In 5 or 6 days, small purple pimples appear all over the body. It lasts for 2 weeks. If it is associated with convulsions, bronchitis, pneumonia, the prognosis is grave. This disease which generally originates from filth and over-crowding is now-a-days rare.

Treatment—*Rhus Tox.* 3-30.—in uncomplicated cases. *Arnica* 6-200 ; Deep coma ; purple pimples (rashes) appear. *Lachesis* 6-30 : In blood-poisoning (Septicæmia). *Agaricus* 3 : Restlessness, convulsions, tremors,

[For the treatment of complications, see under their respective heads].

RELAPSING FEVER

Sudden onset of fever with rigor lasting about a week and thereafter a period of apyrexia for a week follows.

In this way, six or seven attacks alternate with periods of apyrexia. Headache, joint-aches, thirst, vomiting, jaundice are the main symptoms. *This is a poor man's disease.*

Treatment—*Bryonia* 3x-6.—Headache, pains in limbs. *Ipecac* 3x.—Nausea or vomiting. *Arsenic* 3x-3.—Quick, weak pulse, intense prostration, restlessness. *Baptisia* 1x. —Alimentary troubles.

Change of place and change of scene are beneficial. *Light nourishing diet* must be taken.

DENGUE

(Break-bone or Dandy Fever)

The onset of this disease is with slight chill and intense pain all over the body (especially in the joints). Fever with chilliness, nausea, localized swellings here and there and red pimple-like eruptions all over. The face is flushed, there are constipations and loss of appetite. Temperature rises to even 102° or 103° F.

Duration of illness is—3 to 7 days. A mild relapse occasionally occurs during convalescence ; and prostration continues long after the patient is completely cured. The disease is infectious and its direct cause is not known.

Treatment—Necessarily no medicine is required in most cases ; it easily yields to fasting. *Carbo Veg*. 30.—Head is hot but the rest of the body is cold. *Aconite* 1x.—During the first stage when the fever is high ; there are intense thirst, restlessness & fear of death ; pulse full & hard. *Belladonna* 3.—Red pimples, high temperature, headache, violent delirium ; redness of face & eyes ; pain comes quickly & goes quickly ; pulse full & hard. *Eupatorium Perf*. 1x.—Intense pain in bones, soreness in eyes and all over the body, as if the bones were broken & muscles contused ; great thirst before & during chill & fever. *Lachesis* 6 or *Crotalus* 3.—In hæmorrhages under skin or from bones. *Rhus Tox* 3.—If pimples have appeared and there are signs of cold and catarrh ; rheumatic pains ; pains relieved by continued motion & worse from rest or first movements. *Gelsemium* 1x.—In mild types of fever. *Arsenic* 6.—If there is diarrhœa, restlessness, prostration, anxiety, burning all over the body & fear of death. *Bryonia* 6-30.—Pain all over the body ; relieved by rest & aggravated from motion ; great thirst ; no sweat, dryness all over the body, hard knotty stools or no stools ; headache, cough. [For other medicines. See under 'fever'].

YELLOW FEVER

Cause—It is caused by germs carried from the diseased to healthy person by the stegomyia mosquito. These mosquitoes are not uncommon in India and the opening up of the Panama canal is likely to have cast about the germs of this disease.

Stages, Symptoms and Treatment :

Incubation period (1—5 days)—Loss of appetite, nausea and depression are the symptoms. *Ipecac* 3 if nausea is predominant or *Arsenic* 6, if depression is marked.

Febrile Stage (24—60 hours) : Chill, shivering, high temperature (101°—106° F.), quidk pulse, anxious expression, intense headache, pains and aches all over the body, scanty urine, constipation and foul smell from the body-surface are the leading symptoms in this stage. Give *Spt. Camphor* if chill and shivering are marked ; *Aconite* 3x, if fever is high ; *Belladonna* 3, if headache accompanies fever ; *Cimicifuga* 6, if there are intense aching all over ; *Bryonia* 3 or *Gels.* 3x if fever does not abate at all within 24 hours ; *Ipecac* 3, if nausea or vomiting are intense.

Stage of Remission—With subsidence of pains, the fever abates. But if insomnia, indigestion, ravenous hunger, yellow tint of the skin and other signs of depressed vitality are present, they augur ill. If convalescence does not set in in a day or two, the stage of collapse supervenes. Try—*Coffea* 6 in sleeplessness ; *Merc.* in yellow tint of body ; *Arsenic* 3 or 30 in severe prostration.

Stage of Collapse (3 - 4 days) : Skin is yellow ; nausea is marked, black vomit, bloody mucous stools, bleeding from several parts of the body ; burning sensation in throat and abdomen ; bloody or suppressed urine ; collapse, cold skin, great prostration, delirium, hiccough, convulsions or coma. The best remedy for this stage is *Crotalus* 3-6, *Cadmium Sulph* 3-30 is valuable in blood vomit.

Leading indications of some of the remedies :

Rubini's Spirit of Camphor—(Dose—1 drop, every 15 minutes). At the onset of fever prolonged and severe chill and rigor.

Aconite 3x-6.—Temperature following rigor is 102° F. or higher ; skin dry and hot ; pulse quick, full and hard ; face flushed ; much thirst ; headache ; bilious or mucous vomit.

Belladonna 3x-30.—Eyes red, throbbing headache, pulse full and quick ; delirium, attempts to bite.

Bryonia 3.—Tongue is coated white or yellow ; lips are dry ; obstinate constipation ; nausea or vomiting ; intense thirst.

Antim Tart. 3 (*trit* .) **6.**—Nausea ; vomiting followed by great prostration.

Arsenic Alb. 3-6.—[Valuable during the collapse stage with delirium). Face yellowish or bluish ; tip of nose is cold and pointed ; tongue dry, or blackish ; rapid and great prostration ; vomiting after eating or drinking, repeated vomitings ; fear of death ; gripes ; burning urine.

passes in drops ; difficulty in making water ; body cold with clammy sweats ; bleeding from genitals.

Crotalus 3.—If. during collapse stage, there appear prostration ; *hæmorrhage predominates* ; *bleeding* from eyes, ears, nose, intestines or from the skin ; bloody sweat ; skin is yellow.

Lachesis 6.—In nervous prostration with bloody (black) urine ; dry, tremulous tongue ; delirium ; cannot bear anything around waist.

Cadmium Sulph. 3-30.—Burning or cutting pain in stomach ; suffocating hiccough, retching and vomiting—black vomit.

Other Medicines—Arg. Nitricum 3, Cantharis 3x (in difficult or suppressed urination), Coffea 6 (sleeplessness), Secale 3x (threatened abortion), Phosphorus 3 (where Crotalus and Lachesis fail to stop bleeding or remove jaundice), Verat. A. 6, Merc Sol. 3, Gels. 3x, Rhus T. 3 (in typhoid condition), Carbo Veg. 30 (collapse).

Tissue Remedies—*Ferrum phos.* 12x (*trit.*)—During fever ; *Natrum Sulph.* 3 (*trit.*)—in bilious intermittent fever or when tongue is coated greyish yellow or when there is black vomit ; *Kali phos.* 6x (*trit.*)—prostration ; yellow, blue or black vomit ; bleeding.

Accessory Treatment—Keep patient in an well ventilated, dry room ; burn or bury at some distance all the dejecta as soon as they are passed ; disinfect patient's clothes, after the cure or death. Give hot mustard footbath during rigors ; sponge the body during high temperature ; give soap-water-enema in case of constipation.

During fever, give water to be drunk freely ; give orange-juice, barley-gruel, whey, milk diluted with water, and soups during convalescence. During collapse, whisky, brandy, champagne, etc. may be given.

GLANDULAR FEVER

It is generally prevalent as a contagious disease amongst the children. High temperature, reddish cheeks, swelling of joints of neck and nose, enlargement of liver and spleen, loss of appetite are the predominating symptoms. Fever may not continue for a long period but glandular affections last for two or three weeks. In some cases, fever relapses again and again. The prognosis of the disease is not known.

Treatment :—*Belladonna* 30 with glandular affection and fever. *Calcarea* 6—30 are beneficial to those children whose growth is retarded and to those who easily perspire. If swelling of the gland still exists after the fever subsides, *Phytolacca* 6-30 is useful. *Hep. Sulph.* 6 in pain of suppuration, and hyper-sensitiveness. *Silicea* 6 after pus has ceased to form. *Calendula lotion* may be used externally. In chronic cases, *Bacillinum* 30, *Kali iod.* 1—30, *Calc. Iod.* 3x, *Baryta Carb.* 6 are recommended. Special care should be taken about diet and regimen.

MEASLES

It is an infectious disease, found usually amongst children, though adults are by no means immune. The *incubation period* is 10—12 days. It is ushered in with cold and catarrh, injected eyes, frontal headache, hoarse voice, aches and pains in the back and fever. The *eruptions* appear 3 or 4 days after the fever. Occasionally, the disease commences with sharp rise of temperature (103°—106° F.) delirium, drowsiness, retching, constipation or diarrhœa. The disease is often complicated with bronchitis, pneumonia, laryngitis, diarrhœa, or bloody stools. Suppressions or the blackening of the eruption is an unfavourable symptom.

Treatment :

Prophylactic—During epidemic—Morbillinum 30-200, once daily.

Morbillinum 30-200.—This can be used from the beginning and in that case where no other medicine is called for.

Aconite 1-3.—High fever ; pulse full, hard and quick ; frequent sneezing ; watery eyes ; brow-ache ; dry cough ; itching sensation in the throat ; constipation ; pain in the chest ; restlessness ; much thirst.

Pulsatilla 3-6.—Aggravation of cough in the evening and at night ; rattling in the throat ; thick mucus and blood from nostrils ; diarrhœa ; intestinal troubles ; no thirst or slight thirst.

Gelsemium 1x-3.—In suppressed eruptions, with high fever and other complications ; fever with great thirst, constipation and headache.

Bryonia 6x-30.—Dry hacking cough ; suppressed measles.

Arsenic 3x-6.—Eruptions become black.

Verat Viride θ-2x.—Delayed eruptions leading to convulsions ; congestion of lungs.

Camphor θ.—Body cold and blue ; collapse. [Give it in drop-doses frequently].

Antim Tart. 6, Phosphorus 6.—In laryngeal or lung complications.

Belladonna 3-6.—Pulse ful and hard ; face and eyes flushed ; pain felt in wind-pipe during coughing ; voice hoarse ; head hot ; patient feels drowsy but does not go to sleep ; sudden startings.

Other medicines :——*Euphrasia* 3, in running from nose and eyes ; *Ipecac* 3, in vomiting or nausea with greenish mucous stools and hacking cough ; *Phosphorus* 6, in hacking cough during convalescence : *Bryonia* 3, *Gels.* 1x, *Zincum* 6, in suppressed or scanty eruptions ; *Ars. Iod.* 3x, in profuse night-sweat with prostrations ; *Cuprum* 6, in suppressed measles with convulsions ; *Crotalus* 6, in thin bloody discharge from nose and mouth. *Helleborus* 3, *Sulphur* 30, *Verat* 6, *Rhus* 3 are occasionally called for. See also under Meningitis.

Accessory Treatment—Give a hot sponging to bring out the eruptions. Avoid cold in any form.

Diet : Barley-gruel with milk and suger. Cold water may be drunk. The indigenous method of treatment to bring out the eruptions and generally to influence the course of the disease along beneficient lines, is to administer a decoction of **'Ajwan, Babui tulsi** (Ocimum basilicum), **Kurchi** (Hollarrhena antidysenterica), **Methi** (Trigonella Fœnum Græcum) and **Mun** (Alocasia Indica).

SMALL POX

Cause—It is an infectious disease, caused by a germ that has not yet been identified.

Types—(1) Confluent. (2) Discrete or separate. (3) Hæmorrhagic.

Symptoms—*Incubation period*—10—12 days. *Primary Fever* ushered in with chill, pain all over the body and especially in the small of the back, nausea and vomiting; the temperature rises to 103°—107° F. It lasts for 3 or 4 days. Then follows *Eruptive Stage*—after the fever has abated. The eruptions appear at first as red pimples, soon become filled with water (serum); they then rapidly mature (pus forms inside), when *Secondary fever* sets in (105°—108° F). This is due to blood poisoning and if the eruptions are discrete and no serious complications exist, in 9 to 10 days, the fever subsides, the eruptions dry up and get scabbed over and convalescence sets in. If however the eruptions are confluent or hæmorrhagic or complications like pneumonia, meningitis etc. set in death occurs.

Prophylaxis—(1) Vaccination with cowpox virus. (2) Veccininum 6x, one grain (trit.), only once during epidemic. (3) Vaccininum 30, Variolinum 30 or Malandrinum 30, once a week during epidemics. (4) Thuja 200, Silicea 30, Mezereum 200, Kali Mur. 30. If after vaccination one's health breaks down or intractable skin-eruptions occur, Thuja 6—200 is recommended.

Treatment :

During First Stage—*Antim Tart.* 3x at the start and all through, alternately with other medicines. *Baptisia* 3x—in hæmorrhagic eruptions and if patient is exhausted. *Verat Viride* 3x—in pain in loins and back, pulse quick, temperature high, watery motions. *Antim Tart.* 3x—if eruptions are full of pus, there is pain in throat, nausea, vomiting, fever.

During Second Stage—*Merc. Sol.* 6—Fever, pus in the eruptions, sore-throat, bloody dysentery. Rubini's Spirit. of Camphor, *Gelsemium* 1x, *Zincum* 6—when eruptions are partially or wholly suppressed. *Thuja* θ—eruptions following vaccination. *Rhus Tox* 30—if malignant type of fever sets in during maturation of eruptions. *Apis Mel.* 3x—if face and skin around eruptions swell and if itchings increases at night *Arsenic* 6-30—if there are fever and diarrhœa after maturation of eruptions. *Hemamelis* 3—if there are hæmorrhages.

Accessory Treatment—Keep patient clean, on clean soft bed and in a well ventilated room ; if he can help it, he should turn in bed or even sit up. When the eruptions mature, smear them with acid boric in olive oil or with sandal (1 in 20) ; and when scabs form, sponge him with hot water, after smearing butter all over. Sago or barley-gruel and ass-milk during the height of the disease, and light nourishing diets during convalescence should be taken. Fish and meat should be avoided.

CHICKEN POX

This is a mild type of infectious disease. The pustules or pimple-like eruptions are almost similar in appearance to those of Small-pox, for which it is somewhat difficult to distinguish one from the other at the first stage. Generally the fever is not very high, the vesicles are pointed in the centre and are full of watery substances. In some cases the vesicles appear first and then the fever with its attendant troubles. In course of a few days the fever subsides, the vesicles dry up leaving no scars. They may suppurate or may not.

The patient must be kept quite separate and no one should come in close contact with him except the attendants. Light nourishing diet should be given. Pure olive-oil is to be applied to ameliorate itching and burning.

Treatment

Aconite 3-6.—Febrile stage, dry heat with thirst, anxiety, fear, rapid, hard and full pulse.

Rhus Tox. 6-30.—Some say, it is the chief remedy ; if given in the first stage it often arrests the progress, shortens the period of suffering and effects cure.

Ant. Tart. 6-30.—When there is cold and cough, nausea and vomiting. It is of great value when the vesicles come out slowly. It helps towards full development of the pustules.

Gels. 3x-30.—To be thought of when the fever is slow, the patient is very weak, drowsy and dizzy, dull and trembling.

SCARLATINA

Like measles and pox, it is also a contagious disease but it is more fatal. Eruptions all over the body and sore-throat are the principal symptoms. It chiefly affects children. Sudden chill, high temperature, thirst, headache and vomiting. Within 48 hours, bright-red eruptions appear at first in the breast, then extend to every part of the body. Fever and rashes begin to decline in about 5 days and on the eighth or nineth day entirely disappear leaving the patient very weak.

Distinction between measles and scarlatina—In measles, catarrhal affections such as sneezing, cough, watering of eyes are the primary symptoms but in scarlatina no such symptoms are found. In measles eruptions appear after 3 or 4 days but in scarlatina, they come out within 24 hours.

Three Varieties :

(1) **Simple**—Red eruptions, cheeks red but no sore-throat. *Bell.* 3, *Acon. Nap.* 3*x*, *Sulph.* 30, *Arsenic* 3x are the common medicines.

(2) **Anginoid**—Cheeks reddish, sore-throat, neck swollen. This is very serious ; if not properly treated, it sometimes becomes fatal. *Bell.* 3, *Apis* 3, *Merc. Bin.* 3 (*trit*). *Crotalus* 3, *Echinacea 0* are the principal remedies.

(3) **Malignant**—Fever with chill, high temperature (even rising to 110°F), delirium, senselessness are the important symptoms. Eruptions do not appear ; if they appear may become rather blackish. In certain cases, the patient dies before the eruptions come out. *Ailanthus* 1x, *Cup. Acet* 3x, *Arsenic* 3x, *Acid Mur.* 30 are the chief remedies.

Preventive measures—*Belladonna* 1x should be taken thrice daily.

ERYSIPELAS

It is a very contagious spreading inflammation of the skin, due to the entrance of some poison through a wound or scratch into the system. It is accompanied with fever, chill, glandular swelling, constitutional disturbances, exhaustion, headache, dizziness, nausea, thirst, delirium, coma, vivid redness of the part etc. and local stinging or burning sensation. The local condition of the skin is one of heat, swelling and appearance of small pimple-like eruptions, or blisters. The danger to life is in proportion to the proximity of the affected part to the brain and to the extent to body-surface involved. It is suppossed that under its influence ulcers are healed up and tumours disappear.

Treatment :

Belladonna 1-3.—Skin is slightly swollen, bright red and dry ; face is the part mostly involved ; much local heat ; pupils dilated , headache.

Rhus Tox. 6.—Bright red vesicles on neck, face or other parts of the body, with swelling and restlessness ; pain all over the body.

Apis Mel. 3-6.—Much swelling with bruised sore pain, burning and stinging, very sensitive to touch ; red, sometimes rosy hue.

Arsenic 6-30.—Blebs are full of pus or blackish fluid ; exhaustion ; restlessness ; much thirst.

China 1x.—In the acute stage of mild type of erysipelas.

Apium Virus 6.—Swelling with stinging sensation.

Crotalus 6.—If gangrene has set in.

Aconite 1.—Useful when the part is slimy, inflamed and no eruption have come out.

Cantharis 6.—If the affected part weeps and smarts.

Ars. 6 or Carbo Veg. 6.—If eruptions threaten to suppurate.

Lachesis 6.—If gangrene has set in.

Pulsatilla 6.—If blebs disappear at one part and reappear at another.

Butter-milk, if locally applied, heals erysipelas.

Diet :—Milk, Sago, Barley, etc.

MALTA FEVER

This disease mostly prevails in Malta and places on the Mediterranean coast. It is also found in India and other eastern countries. It is characterized by long continued fever, obstinate constipation, profuse perspiration rheumatic pains, swelling of joints, enlarged spleen, progressive anæmia & debility. The fever is irregular in character, the temperature rises and falls now and then.

This specific fever is of a remittent type, which may continue for two or three weeks at a stretch at the beginning, with intermission of a few days; but the patient is not perfectly free, he is liable to fresh attacks from time to time and may remain ill for years though he may appear to be in good health.

Treatment—In the preliminary stage. *Bryonia* 3x-30, *Baptisia* θ-3x, and *Arsenic* 3x-6 are useful. Then *Ars. Iod* 3x (trit.); *Merc.* 6, *Nat. Mur.* 30. *Ceanothus* 1x, *Ferr. Phos.* 3-30, *Lycopodium* 6-30, *Sepia* 30, *Cimicifuga* 3x, *Rhus Tox.* 3-30. may be used according to the symptoms.

The patient should be segregated and dejecta should be carefully removed or burnt. Light and nutrituous food should be given. Goat's milk should be strictly avoided as it carries the germ.

DIPHTHERIA

Diphtheria is a highly infectious disease, and sometimes it becomes epidemic. At the commencement there is fever chill, vomiting, purging, prostration, restlessness, anxious looks, flushed face, sore-throat, swollen tonsils and *foul breath*. The disease, it is said, is caused by "Kelbs Lœffler bacillus" which may gain access to the system by direct contagion or by means of something that was in actual contact with some other case.

There is formation of false membrane on the throat, which causes swallowing and breathing difficult and if immediate step is not taken to check the progress, the patient ultimately dies of suffocation.

Prophylactic—*Diphtherinum* 30 ; once during epidemic.

Treatment :

Dr. H. C. Allen prescribes *Diphtherinum* in higher potencies all through the attack with success. He uses it also after allopathic treatment has been tried and if patient manifests paralytic symptoms. Dr. Clarke prescribes at first *Diphtherinum* 30—200, every 2 hours, to be followed often by *Merc. cyanatus* 6—30. A regular throat-wash of *Phytolacca* θ. m. 5, mixed with an ounce of water is also recommended.

Lachesis 6—where prostration is severe, heart's action is feeble, outside pressure produces pain inside the throat ; glands are affected ; the membrane spreads from left to the right side.

Aconite 3x or Belladonna 3x—if the throat is red and inflamed, face and eyes are injected, headache, pain in swallowing, pulse is hard and full, inflammation exists on soft palate, tonsils and wind-pipe.

Mercurius 3x.—if the affected part is very sore, prostration is intense, pulse is quick from the start, glands are swollen, false membrane has already formed, palate and fauces are red, tongue is red or grayish coated, fœtor in breath, difficulty in swallowing, profuse salivation.

Acid Muriatic 3.—is applicable to cases with grey sore inside throat, prostration, *fœtor* in breath.

Kali Mur. 6.—when a white membrane froms inside the throat and there is pain in throat.

Echinacea θ (dose, m. 5—10)—is useful especially in gangrenous conditions.

Arsenic 6.—is used in the last stage of the disease, when pulse is weak and blood and pus exude from the sore in the throat.

Pineapple-juice (fresh) freely used is said to benefit cases.

INFLUENZA

This is a highly infectious disease, caused by entry into our air-passages, of "Pfeiffer's Bacillus Influenzæ." These grems exist in the nasal and oral discharges of affected persons. The incubation period is short. It is ushered in with cough, cold and sneezing, intense frontal headache, pains and aches in joints, fever (100°—105° F.), a white coated tongue, nausea, prostration and sleeplessness. There is no disease which it does not stimulate, when complications set in. Thus, bronchitis, pneumonia, diarrhœa, dysentery, suppression of or scanty urine, palpitations, diseases of valves and muscles of heart, capillary bronchitis, parotitis, nose-bleed, diphtheria, coma, convulsions, dropsy and a host of other disease-symptoms may arise as complications. In a word, it is a very terrible disease and should be carefully treated from the very beginning.

Prophylactic—*Influenzinum* 30-200, every other day, during epidemics. Or *Baptisia* 1x—3x, when the former is not available.

Treatment :

Gelsemium θ-3x.—Sensation of chill, fever, flushed face, eyes watery, headache and heaviness of the head, drowsiness, pain all over the body (especially on the back), chilliness, fatigue.

Bryonia 3x-6.—Cough, stiff-neck ; pain all over the body, relieved by rest ; headache ; dry lips, patient frequently smacks lips with his tongue, dirty tongue listlessness ; patient remaining quiet in bed, for, movements cause pain.

Arsenic 3x-6.—(A very valuable medicine according to Dr. Hughes). Profuse running from throat, nose, and eyes ; discharged mucus is hot, liquid and irritating ; fever is remittent or intermittent ; *great prostration* ; voice hoarse ; sneezing ; tremors ; hot, dry, rough skin ; *restlessness* ; thirst ; burning sensation all over the body and yet the patient wants to be covered up ; anxiety ; fear of impending death ; sticky phlegm ; harassing cough ; cold sweat.

Baptisia 1x-6.—Vacant look ; pain in eye balls ; headache ; tongue dry and coated ; sore-throat ; liquid, brownish, fœtid stools ; pain all over the body ; restlessness (even if there be no fever) ; dozing ; fatigue ; fœtid breath ; delirium ; patient sometimes feels his body as if divided into parts and tosses about in bed to join them.

Natrum Sulph 12x (*trit.*)—Dr. Bœricke and Anshutz speak exclusively in favour of this as *the chief remedy* of influenza, especially when the disease has been brought on by cold and damp.

Ordinarily speaking, simple influenza is cured by a dose or two of *Influenzinum* 30. In the early stages, if fever is high and there are thirst, restlessness, dry skin anxiety, give *Aconite* 3x. If there is much pain in the bones as in Dengue, give *Eupatorium Perf* 1x—3x. In severe backache, give *Variolinum* 6-30 In nausea and vomiting, *Ipecac* 3x. In rheumatic-like pains, in loin-ache or in delirium with typhoid-like symptoms, *Rhus Tox.* 3—30. In wheezing sounds during breathing, harassing cough, much mucous discharge ; rattling noise in throat ; pain in loins, head and back, *Antim Tart.* 6. In laryngitis of pneumonia, with threads of sticky yellow or white phlegm, brought up with difficulty and much cough ; sputum is frothy, bloody or purulent, *Phosphorus* 6. In incessant cough, *Hydrocyanic Acid* 3. In inflammation of kidneys, *Eucalyptus* 1x. In heart affections, *Iberis* 1x. In severe headache, *Melilotus* 2x.

Accessory Treatment—Keep patient in bed, in dry, warm and well ventilated room. He is to keep his head cool.

Diet—Diet must be liquids. Acid fruits are strictly prohibited. Abstain from tea and tobacco. Prolonged rest, plenty of fresh air and fresh fruits, liquid, easily assimillable nourishing diet are essential to recovery.

All nasal and oral discharges should be thrown into a vessel full of lime and these should be burried or subsequently burnt.

CEREBRO-SPINAL FEVER

It is an acute infectious disease, causing inflammation of the coverings of the brain and spinal cord. Fever comes on with rigor, temperature may rise up to 103° or 107° F. ; there are delirium, nausea or vomiting, bending of body in a stiff attitude, eyes open with vacant stare, squint, convulsions (general or local), deep prostration, paralysis, stupor or coma.

Treatment :

Cicuta 3-6.—Almost a specific in this disease, specially if the stiffness is in the back or on one side.

Belladonna 3-6.—When delirium is severe.

Opium 3-30.—Comatose condition, fixed stare, respiration feeble, body bent, lips wide apart, deep stertor.

Veratrum Viride θ—Head is bent backwards, convulsions.

SEPTICEMIA, PYEMIA, SAPREMIA

All these are due to entry of certain specific germs. In sapræmia germs grow at a focus on the confines of the living tissues and from it, the noxious produced of the germ are diffused in the body. In septicæmia, the germs enter into and multiply in the blood. In pyæmia, the germs are let loose, along with dead or drying pieces of tissue and are carried and deposited here and there by blood (embolus). Gangrene causes rapid death of living tissues.

All these are characterized more or less by rise of temperature, perspiration ; rapid, intense prostration, anæmia, weakness, dry coated tongue, delirium, etc.

Treatment

Arnica 3.—If due to hurt, fall or injury of any kind or after surgical operation.

Pyrogen 6.—Where fever is high. *All discharges—stools, vomit, sweat, breath, etc. are horribly offensive.*

Mercurius Sol. 6.—In threatened gangrene. *Profuse nightly perspiration, but perspiration does not give any relief* ; profuse *fœtid salivation.*

Arsenic 3x.—Restlessness, pain and burning ; slight fever, tongue raw-red and the condition is subacute. *Hæmorrhagic tendency, profound prostration.*

Lachesis 6.—Debility, delirium and coma. *Talks much* ; *all symptoms aggravate during sleep.*

Rhus Tox 3 —Where lymphatic glands are affected.

Bryonia 3.—Pain is aggravated by movements ; discharges present.

Echinacea θ.—In blood-poisoning.

Carbo Veg. 3.—Where the vitality is low, extremities cold and bluish, burning pain.

Secale 1, *Bapt.* 3x. *Crotalus* 6x, *Gels.* 1x, *Phos.* 6, *Hepar S.* 30. *Muriatic Ac.* 6 are sometimes used.

Wounds should be dressed antiseptically. They may be washed with a lotion of Arnica θ (1 dram to 1 oz. of water). *Hypericum* 200 may be taken and hot compress applied to boils and abscesses.

If the patient is very weak, give alcohol ; pus should be drained out and dressed antiseptically, with hot boric compress. Regular purgatives and tepid spongings are also recommended.

The patient should live in a clean, well-ventilated dry room, and live on nourishing liquid diets. He should keep in bed till recovery.

(b) CONSTITUTIONAL DISEASES

Rheumatism, Tuberculosis, Syphilis, etc. are called Constitutional or Blood Diseases, for their manifestations occur in more than one part of body simultaneously—Unless these can be cured, the diseases are hereditarily transmissible—in the sense that sons inherit from their parents a predisposition to those affections.

RHEUMATISM

This is a disease with painful joints or muscles. When it affects muscles, it is called **Muscular Rheumatism** ; when it affects the big joints, it is simply called **Rheumatism** ; when it affects the joints of the big toe, the instep, the ankle, heel, knee, wrist or back of hand, and is associated with high living, it is called **Gout.**

ACUTE RHEUMATISM, RHEUMATIC FEVER

It is an acute affection, attacking several joints. One attack confers no immunity but predisposes to another. The onset may be preceded by sore-throat, muscular weakness, shifting pains and prostration ; then inflammation occurs in one or more joints—the joints becoming swollen and tender and often showing a red-bluish tint. The temperature usually rises to 102° F., but may become as high as 106° or 107° F. There are usually profuse sour-sweat, the tongue is coated ; the bowels are confined ; the urine is scanty and high coloured. The heart becomes affected—the pulse is irregular or intermittent. The acute condition lasts about 3 weeks, after which it becomes chronic.

The cause of Rheumatic fever is a germ that gains acess into our body *via* the tonsils. It affects chiefly those who eat too much of meat or nitrogenous diet, expose themselves to damp and cold, especially after being hot ; have sluggish liver or get too much lactic acid absorbed into the blood on account of digestive disturbances. The offsprings of cancerous and tubercular parents are often rheumatic.

Treatment :

Aconite 1.—(Valuable at the beginning of the disease). Cutting or twinging pain in muscles or joints, high fever, restlessness, loss of appetite, high coloured urine, affected parts are red and inflamed ; affections are due to exposure to cold dry winter air.

Sulphur 30.—(Useful after Aconite, where there are pain in joints and debility). Used in all stages of acute and chronic rheumatism. Patient always feels hot and casts off his clothes ; head, trunk and feet hot ; profuse acid sweat ; sour taste in the mouth ; acidity after meal ; pain is severe in the left limbs ; aggravation of the disease at night. Rheumatic pain in left shoulder. *Sulphur should not be used long in higher potencies.*

Lachnanthes 3—Rheumatism affects the neck. Stiff-neck, head drawn to one side.

Bryonia Alba. 3, 6, 12 or **30**—Redness and swelling of joints. Cutting burning or squeezing pain, *increased on slightest movements* ; constipation ; skin hot ; profuse sweating ; much rigor. Bryonia may be used to eradicate *rheumatism after Aconite* has ameliorated the symptoms.

Rhus Tox. 6.—Hot, painful swelling of joints. Pains tearing and burning. Rheumatic pains spread all over the body. Stiff neck, pain on shoulder and back with stiffness. Pain iucreased during rest or at night or on walking in the morning or on getting into bed ; slight movements or application of mild warmth to the affected part relieves the pain ; restlessness ; unable to bear cold wind ; rheumatism due to rains or, exposure to moist wind. Valuable in lumbago. [If pain increases on movements, give Bryonia ; but if, on movement, there is at first aggravation of pain and then relief, terminating in aggravation of pain at final rest, then give Rhus Tox.]

Belladonna 3x-6—Affected part is much red and swollen ; throbbing pain ; intense headache ; eyes red, face flushed ; aggravation of disease at night ; pain comes and goes rather abruptly.

Colchicum 1, 3, 6.—(In acute rheumatism of able-bodied young men). The affected part is paralyzed, slightly swollen or not swollen at all ; pressure causes paleness of the part ; pricking pains. Rheumatic pains all over the body—shoulders, arms, back and neck. Numbness of arms, can't hold or lift the lightest thing ; general *numbness.* Shifting pains ; pains worse at night. Weariness and heaviness, inability to move. Coldness of legs and feet.

Apis 3x-30.—The affected part feels stiff or benumbed ; joints are swollen and give a sense of constriction to the patient ; acute inflammatory rheumatism.

Pulsatilla 3, 6, 30.—The affected joints are slightly swollen and red ; pain is shifting and tearing in character ; knees, ankles and the small joints of hands and feet are as if gripped in vice ; there is a feeling of chilliness, restlessness, sleeplessness ; acute or chronic rheumatism ; swelling of joints. It can be used if there is neither fever nor local redness.

Cimicifuga 3.—Chest or loins affected ; pricking pain in the sides and back ; stiff neck ; pain, heat and swelling in the leg ; tremors ; unable to walk ; lancinating pain all over the body ; intense pain in the head or spine ; high fever.

Mercurius Vivus 3x (*trit.*)—Pain, swelling and inflammation of several joints simultaneously ; foul or oily smelling sweat ; fever ; *aggravation at night.*

Viola Odorata 3.—In rheumatic affections of the right side and upper part of the body.

Arnica 3-30.—Pain and then stiffness in muscles. Rheumatism following hurt or fall.

Phytolacca 30.—Syphilitic rheumatism.

Natrum Sulph. 12x (*trit*).—Gonorrhœal rheumatism.

Arum Metallicum 6-30.—Rheumatism ; pains wander from joint to joint and finally become fixed in the heart, impossible to lie down ; patient has to sit uprignt or bending forward ; profuse sweating ; rheumatism due to gonorrhœa or syphilis.

Phosphorus 3-30.—Rheumatism following prolonged laundry-work.

Dulcamara 6.—Rheumatism due to exposure to cold damp weather or geting wet in rain. Kheumatism after acute eruptions or when chronic forms alternate with attacks of diarrhœa. Pains in the joints, parts feel as if beaten. Severe pains when remaining in one position, subside only when the patient moves about.

Lactic Acid. 3-30.—Knees, shoulder, wrists elbows and small joints of the upper and lower extremities are affected ; hot belching and eructations—both foul-smelling or acrid ; water-brash ; sores inside mouth ; nausea, indigestion ; diabetes or anæmia.

Caulophyllum 3.—Small joints are affected ; ankle, wrist and finger-joints are affected ; constant flying pains ; headache.

Benzoic Acid 6.—Part is swollen and inflamed and exquisitely tender to touch. Foul-smelling urine.

Argentum Metallicum 6. – Rheumatism of knees and elbows.

Kali Bichrom 3.—Chronic Rheumatism. Pain in both shoulders, hip-joints and knees. Worse walking or moving. Stiff all over, could hardly move. *Wandering pains.*

Kali Iod. 3, 30, 200.—Syphilitic rheumatism ; rheumatism due to abuse of mercury.

Calcarea Phos. 6.—Aggravation during the rains. Rheumatic pain about the shoulder-joints, especially the left. Pain about in all parts.

Ledum 6.—In acute and chronic affections, where the pain creeps from below upwards.

Kalmia 3.—Pains travel downwards from above ; the right upper limb is affected. Rheumatism especially of the right side, pains affect a large part of limb. Weakness, *numbness.* Joints red, hot, swollen.

Causticum 6-30.—Rheumatic pain all over the body, better by warmth especially of bed, worse from motion or from dry cold winds.

Ruta 3.—In lumbago.

Thuja 30-200.—Rheumatism, with numb feeling ; worse in warmth, from moving at night, after 12 P. M. ; better from cold, and after sweating.

Medorrhinum 30-200.—Chronic rheumatism ; rheumatism due to suppressed gonorrhœa. Gonorrhœal gout.

Fluoric Acid 6-30.—Rheumatic pains in left arm from shoulder to elbow with lameness. Pain in right shoulder-joint, stiffened by rheumatism. Chronic cases having syphilitic or mercurial history.

Some of the above medicines may be used in the various types of rheumatism set forth hereafter.

Diet—During fever—sago, barley or arrowroot-gruel, with milk. Fruit-juices. Plenty of water to drink. *During convalescence, solid food* may be allowed but it is better always to avoid meat, bread, and curd. To relieve pains apply hot fomentations, dry or moist.

MYALGIA OR MUSCULAR RHEUMATISM

In this form of the disease, it is the muscles that are affected more than the joints. The muscles, the coverings of bones, the sheathes running between the muscle-planes (fascia) are the seat of pain and stiffness, and often it is difficult for the patient to say if it is the muscles or their nerves that are the seat of attack. In the acute stage, there may be fever ; in chronic stage there is none. But the pains come and go in such prompt response to weather-conditions, that the patient may be said to be a living barometer.

Myalgia may affect—the neck (stiff or wry-neck or torticollis), the shoulders (omalgia), the sides of chest (pleurodynia), or the loins, (lumbago).

Cause – Same as in the case of rheumatism. *See* acute rheumatism.

Treatment :

Cimicifuga 3x—6 or Macrotin 3x (trit). Sanguinaria 6 (useful in right-sided affections). Bryonia 3-30. Rhus

Tox 6—30, Colchicum 3—30, Ranunculus 3, Gelsemium 3x-30.

STIFF-NECK

In this affection the neck becomes painful and stiff and often bent on one side. The patient is unable to move the neck.

Treatment :

Aconite 3.—(Useful in the first stage). There are fever, restlessness, and aggravation of pain on exposure to cold.

Lachnanthes 3.—Neck is bent on right side and patient sweats much. Stiff-neck, head drawn to one side. Tearing in upper part of arm and in elbow-joint.

Belladonna θ-3x.—Pain comes and goes suddenly.

Cimicifuga 3x, Bryonia 3.—Almost a specific ; pain is severe but is relieved by pressure.

Magnesia Phos. 2x-6x. (*trit.*).—To be taken with hot water. Useful in acute and chronic cases :—Dr. Macnish used it for 18 months in a case with very happy results.

OMALGIA

This is an affection of the triangular deltoid muscles that help to lift the arms. Hence, the patient is unable to lift the arms.

Sanguinaria 6 is the remedy to be given along with local warmth.

PLEURODYNIA

It is an affection of the muscles of the ribs ; it causes pain and stitch in the side, on moving, coughing, sneezing or on deep breathing.

Ranunculus Bulb. 3-30.—is the principal remedy.

LUMBAGO

It is an affection of the back-muscles that support the spine in erect posture. Hence, in this affection, inability to sit or stand erect is the prominent symptom. It is caused by mere muscular strain, also by exposure to cold and damp. There may or may not be fever and in severe cases, the patient is unable even to leave his bed.

Treatment :

Rhus Tox. 6-30.—Very useful if the affection is due to muscular strain or exposure to cold ; useful also in chronic cases.

Aconite 3x.—In acute lumbago, due to exposure to dry cold wind.

Arnica 3-30.—Used after Aconite or Rhus. Useful where the disease has been caused by muscular strain.

Antim Tart. 3x (*trit.*) **6.**—Pain in the back, especially after meals or during rest ; pain in the buttocks and wrist ; nausea or vomiting on exertion ; aggravation of pain occur after cold ; clammy sweat. It is valuable in cases of continuous pain.

Berberis Vulgaris *0*-**3.**—The urine and liver are abnormal ; pain below the ribs ; pain in the liver ; pain with gall-stones.

Sulphur 30, 200.—Useful in chronic lumbago, if used occasionally.

Accessory measures :—Rub the part with turpentine-oil and wrap with cotton.

SCIATICA

This is a pain of the nerve of the back, thigh and is due to cold, damp, fatigue or poisons circulating in the blood, as in malaria, diabetes, etc. It is found also in those affected with gout, rheumatism, and if not properly treated, leads to Locomotor Ataxia.

Treatment :

Ammon Mur. 3x-3.—Pain increases while sitting, abates during walking and disappears during sleep.

Colocynth 1-3.—Pain comes and goes suddenly and is due to cold or damp.

Gnaphalium 3-30.—Intense pain in the nerves and spasmodic contraction of the muscles ; alternate numbness and intense pain.

Carboneum Sulph. 3.—*Flying pains, returning regularly for a long time.* Useful where other remedies fail, in acute or chronic affections.

Ars. Sulph. Rubrum 6-30.—Useful to the weak and the aged, and in sciatica following influenza.

Natrum Sulph. 12x (*trit.*)—Pain when getting up from sitting, or turning in bed ; no relief in any position.

Lachesis 6-30.—In women, after the menopause. Pain increased after sleep.

CHRONIC RHEUMATISM

Almost all the symptoms of the acute condition are present ; but the joints become stiff and swollen from effusion of fluid into them and the pain is less severe.

Treatment :

Kali Hydro. 6-30.—Intense pain in the joints which swell and stiffen ; frequent changes in the condition of the patient, inability to walk ; weakness of the joints following an acute attack ; syphilitic and mercurial rheumatism.

Rhododendron 30.—Pain in hands, feet, and knees ; increase of pain in the small hours of the morning or after rest or rain ; abatement of pain during or after meals ; onset of disease before the rains and during the hot season ; the pain in the joints is of the nature of sprain.

Dulcamara 6.—Disease is due to exposure to rain or damp ; pain increases during rest and abates during movements ; occasional wrenching pain ; pain severest in back, forearm and ankles ; urine and sweat are both foul-smelling.

Gaultheria *0*.—In inflammatory rheumatism, given in 2—5 drop doses.

Ledum 3.—Rheumatism of small joints ; pain travelling upwards from below ; skin is cold but patient cannot bear the warmth of bed ; acute or chronic rheumatism.

Kalmia 3-6.—Pain shifts downwards from above ; affected part is benumbed ; the affection shifts from joint to joint ; rheumatism affecting the right side of the body ; rheumatism of the heart.

Phytolacca 3.—Affected part is painful, heavy and cold ; aggravation of disease during hot and rainy season ; affected part is swollen and red.

Causticum 6-30.—Rheumatism of thigh, shoulders and knees ; a vain desire to move the joints in order to ease the pain ; inability to lift the arms, owing to the pain in the shoulder ; aggravation of pain in the evening and amelioration in the morning ; inability to lie quietly in bed at night ; sense of constricting pain in the finger-joints.

Mercurius Sol. 6-30.—Grinding pain in bones ; fever ; chilliness ; profuse sweat but no relief ; warmth of bed aggravates the pains ; gripes and dysenteric stools occasionally ; gonorrhœal or syphilitic rheumatism—if no mercury has been administered already.

Synopsis of Remedies for different conditions :

In rhemmatism of knees and toes, Puls. 30 ; in aggravation of disease during rest, Rhus Tox. 30 ; aggravation during movement, Bryonia 30 ; in affections of small joints and for radical cure, Sulphur 200. *Chest Rheumatism* : Bryonia, Arnica, Rhododendron, Rhus Tox, Cimicifuga. *Cardiac Rheumatism* : Spigelia, Digitalis, Aconite, Veratrum, Cactus, Bryonia, *Syphilitic Rheumatism* : see "syphilis". *Gonorrhœal Rheumatism* : Merc. Bin. Iod., Aconite, Pulsatilla, Sarsa, Medorrh (*vide* Gonorrhœa). *Lumbago* : Aconite, Arnica, Cimicifuga, Secale, Antim Tart., Ars., Rhus., Naphthalinum, Mag. Phos. (See Lumbago). *In Thigh-joint Rheumatism* : Colocynth, Aconite, Rhus, Ars., Cimicifuga, Nux, Phytolacca. These medicines are generally used in 3x—30 potencies.

GOUT

It is a constitutional disease, often inherited, characterized by rapid appearance and disappearance of its acute manifestations. High living, sedentary life, use of malt liquors, lead-poisoning, etc. are the usual causes. Many gouty persons are vigorous and live upto old age ; but the majority develop degeneration either of arteries, heart and kidneys or of lungs

It affects the great toe, the ankle, heel, knee, instep, wrist, or back of the hand too.

Treatment :

Urtica Urens θ.—Dose 5 min. with hot water. It removes uric acid (the cause of gout) and stones.

Colchicum 3.—In affections of the heart and digestive system. Inflammation of great toe. gout in heel, cannot bear to have it touched or moved.

Aurum Mur. 3x.—In heart debility.

Sabina 3x.—If uterine troubles co-exist.

Pulsatilla 6x.—If uterine troubles co-exist.

Try also—Aconite, Calc. Carb., Sabina (in acute), Ammon. Phos., Calc. Phos., Causticum, Lyco., Sulphur (in chronic stage), all in 3rd—30th potencies.

Diet—Take plenty of vegetables and juisy fruits. Avoid meat, spices, onions, garlic, too much fish, ghee, atta (flour), wines, tea, coffee ; drink plenty of pure water.

ARTHRITIS DEFORMANS

If a joint remains inflamed for long, its internal structures become disorganised ; its binding-chords, sheathes and bones waste in places and increase in others, leading to deformity of joint. This disease is neither rheumatism or gout but a separate disease-entity, without any known cause. Heredity, damp, exposure to cold, etc. are said to be predisposing causes. Fever, swelling of the joints, crackling sound on moving them, wasting of muscles attached to the joints, edema, etc.

are the accompaniments. Women are more affected by it than men.

Treatment :

Acute stage—Puls. 3x – 6, Aconite 3x—3, Bryonia 3, *Chronic stage*—Guaiacum 3x—6, Colchicum 6 (especially in knee-affections), Sulphur 30. *If the patient is a female* :—Pulsatilla 6 (menses scanty or stopped), Sabina 3 (too much menstruation), Cimicifuga (much pain), Caulophyllum 1x.

Diet, etc.—Complete rest, warm clothings, good hygienic surrounding, application of Cod-liver-oil and warmth locally is recommended.

SCROFULA

Scrofula is that condition of the system where the blood becomes tainted with some deep rooted constitutional disease ; glands are enlarged and a low form of inflammation sets in. Such glands occur chiefly on both sides of neck, in the eyes, inside the nose, in the ears or on the chest. It is the result mostly of hereditary syphilis or of tubercular taint in parents ; but is sometimes due to chronic malnutrition or bad hygiene. Scrofulous patients are more susceptible than others to the attack of phthisis.

Treatment :

Belladonna 3x-6.—The glands are inflamed and throbbing pains occurs ; (difficulty in swallowing.

Calcarea Carb. 6-30.—Inflamed eyes; pot-belly; diarrhœa; running from the ears or suppurated glands; nostrils swollen and red; the child's fontanelle is soft.

Sulphur 6-30.—Swelling of glands of the arm-pit, of the lips, nostrils and fauces; knee and other joints are stiff; glands of groin are swollen; inflammation of eyes; in children running from ears; pimples behind the ears and in other parts of the body; sickly constitution.

Lapis Albus 6.—Inflammation or swelling of glands anywhere in the body.

Mercurius Iodatus 3x (*trit.*).—Inflamed and sore fauces; the part throbs; glands are enlarged and indurated.

Silicea 6-30.—Glands are swollen and look white (pus formation).

Bacillinum 30-200.—To be taken once a week, if parents are rheumatic or tubercular.

Calcarea Phos. 12x (*trit.*).—In case of gout in a scrofulous patient.

Æthiops Antimonialis 2x-3x. –Gr. 2—3, thrice daily. Useful to all scrofulous subjects.

Child has reached the age for walking but is unable to to do so (commencement of the disease) : Sulphur 30, Calc. Carb. 30, Lyco. 200, Belladonna 6, Silicea 30 (hands and feet sweat, body is generally coldish). In pot-bellied children : Ars. 30, Baryta Carb. 6, Cina 3x. All glands are affected : Bellad. 3, Merc. Iod. 3x, Baryta Iod. 6, Calcarea Carb. 30, Calcarea Iod. 30, Silicea 30, Graphites 6, Bacillinum 200 (once a week). Other remedies : Aurum Met. 6, Phos. 6, China 6, Sepia 6, Iodium 6, Dulcamara 6, Badiaga 1x, Ars. Iod. 30, Aur. Met. 30, Hepar Sulphur 6, Calc. Phosph. 12x, (*trit.*).

Diet etc.—Cold baths and pure air should be regularly taken. Sleep in the open places and bathe your body with sunshine after covering yourself well. Take plenty of fresh fiuits, milk, oranges and nourishing foods.

PHTHISIS or CONSUMPTION

This is a disease caused by a minute germ called the **Tubercle Bacillus** (shortly called **T. B.**). This germ enters into our lungs through our inhaling the fine particles of cough when a phthisical patient sneezes or coughs before us or on our face, or if dried phthisical sputum spat long ago by a phthisical patient is swept into the air of occupied room. It also enters into our digestive canal with food or drink contaminated by the germs. Flies sitting on sputum of phthisical patients transfer the germ to the food on which the flies next settle. This disease is hereditary in the sense that the offsprings of phthisical parents are born with a predisposition or susceptibility to be attacked with this disease. Chronic malnutrition, living in damp, dark, ill-ventilated room, debilitating conditions (like diabetes, repeated child-birth, continuous fatiguing labour) are the contributory causes. Wherever the tubercle bacilli lodge inside our body—whether in the lungs or intestines, bones, or liver or eyes they give rise to small inflammatory pimples called **Tubercles**. These tubercles (or small inflammatory elevations) break down, cause ulceration, from pus (which in the case of lungs is thrown up as phlegm), or give rise to bleeding (hæmoptysis, in the case of lungs ; melæna, if from bowels). Low evening rise of temperature. Night-sweat, progressive emaciation and loss of weight, hacking cough are the usual symptoms of lung-phthisis.

The germ is found in the sputum, urine, fœces, as well as in the lungs, liver, intestines, bones, coverings of brain of animals affected by it.

Treatment :

Bacillinum Tuberculinum 30-200.—Useful in all stages of the disease. Some of the indications for its use : Cough at first dry, then moist, with profuse expectoration of phlegm ; great susceptibility to catch cold ; emaciation is progressive from the very commencement of illness ; pains and other symptoms are constantly changing.

Calcarea Carb. 6-30.—Loss of appetite ; acid eructation, especially after taking ghee, oil or sweet things ; increase of cough at night ; thick purulent sputum ; weakness, hæmoptysis ; tenderness of chest.

Calcarea Phos. 12x (*trit.*)-30.—Anæmia ; copious night-sweats, rendering extremities cold ; diarrhœa with slight rise of temperature ; dryness of throat.

Ars. Iod. 6.—Diarrhœa and high rise of temperature.

Belladonna 3-6.—Dry cough ; throat is tender to pressure ; hoarse voice ; rise of temperature in the evening ; bloody sputum brought up after prolonged coughing ; pain in the chest and increase of coughing on retiring to bed.

Iodium 3-6.—Phthisis with enlargement of glands; pain in abdomen and diarrhœa; skin dry and harsh; face flushed; sharp appetite: indigestion for fatty foods and milk-preparations; rapid emaciation.

Phosphorus 3-30.—To be taken once a day. Pulse is soft and quick; skin dry and hot; dry hacking cough with pain in the chest; sputum yellowish and foul-smelling, from ulceration of lungs; diarrhœa and sweat are invariably present; weakness; bloody sputum; aggravation of pain and fever in the evening.

Ferrum Met. 3 (*trit.*)-6.—Swelling of the extremities; anæmia; hacking cough, pain in the chest and blood-spitting.

Pulsatilla 6.—Indigestion for oily things; increase of phlegm at night; sputum is thick, yellow and bitter.

Lycopodium 12-30.—Dysentery; pain in the abdomen; constipation owing to swelling of large intestines; loss of appetite; blood-spitting; exhaustion following hacking cough; inflammation of lungs; foul eructations; heaviness after even a small meal and constant fermentation in the intestines.

Arsenic 6-30.—Useful in all stages of the disease and especially in the diarrhœa of the last stage.

Hepar Sulphur 3-30.—Voice is hoarse; bloody or purulent expectoration; difficulty of breathing on lying down. This medicine is very useful to those young people who have glands enlarged in their neck.

Malaria Officinalis 3x.—Useful to those consumptives who live in regions where malaria or its causes flourish.

Natrum Ars. 3 (*trit.*)—Dose 3 gr. thrice daily. It is a useful medicine in racking cough with profuse greenish expectoration. Stop the medicine as soon as the greenish expectoration disappears.

Thlaspi Bursa Pestoris 3x.—Used in blood-spitting,

Millefolium 1x-30.—If frothy blood is expectorated with slight effort.

Sulphur 30.—Should be given occasionally in chronic cases.

Aconite 6, Drosera 6, Stannum 6, Calcarea Ars. 3x (*trit.*), Bryonia 6, Carbo Veg. 30, Hamamelis θ or 1x, Psorinum 200, are occasionally useful.

Diet, etc—Take plenty of rest in open air, preferably in pine or orange forests or by the sea. Take milk, ghee and easily assimilable food. Goat's meat and milk are preferable. Cod-liver oil (or pancreatic or petroleum emulsions) is highly recommended. Fruits are recommended—particularly oranges, mangoes, dates, etc. A daily warm sponging is desirable and while it is necessary to keep comfortably warm, flannel should be worn.

DIABETES MELLITUS

The presence of sugar in urine, frequent copious urinations, much thirst, burning sensations all over the body, wasting, constipation, much appetite—these are the symptoms of Diabetes. Dyspepsia and liver disease, eating too much of sweets, drinking too much of alcohol may give rise to sugar in urine, but these are not the only causes of diabetes. In this country those who eat too largely of rice and do too much of brain work and too little of physical exercise are liable to get it. Those who suffer from diabetes are liable to develop one or more of these **complications** :—Dry skin, liable to develop carbuncles too easily ; tongue red, raw, and glossy ; gums spongy and liable to bleed easily ; itches anywhere and everywhere and particularly on or around the genitals, leading to excess of venery. The Sp. gr. of urine is 1025—1050.

Treatment :

Syzygium Jambolanum 1x—It is useful in all stages of the disease, to decrease the quantity of urine and the amount of sugar.

Natrum Sulph. 12x-200 and **Natrum phos. 6x-200.**— Almost a specific in all forms of diabetes, however intractable. In 4 to 5 weeks-time the sugar disappears and cure is perfect after 4 or 5 months more. Natrum Sulph. is valuable in the gouty condition.

Lactic Acid 3.—A valuable remedy.

Plumbum Iod. 6x.—Valuable to those with uric-acid in their system.

Secale 6.—It lessens sugar output.

Acid Phosphoric 1x-6.—Useful in diabetes associated with nervous disease ; urine looks like milk with sediment ; profuse and frequent clear urine at night ; wasting spermatorrhœa mental disturbances.

Helonius θ-6.—Loss of sugar and albumen with urine or of phosphate ; thirst, restlessness ; melancholy and wasting.

Uranium Nitricum 1x-3.—Indigestion ; much thirst ; constipation ; raw tongue ; sleeplessness ; burning sensation in genitals after passage of urine ; purulent discharges from nose and mucus from eyes ; weakness.

Kreosote 6, 12, 30.—Frequent desire to pass urine ; copious pale urine with brick-red sediment ; inability to retain urine.

Silica 3-6.—If all the above drugs fail. In dropsy following diabetes.

Ars 6-30—Burning during urination.

Cantharis 6 or Terebinth 6.—Dropsy around ankles with debility.

Argentum Met.3-30 or Scilla 1-3.—Is used in insipid diabetes (where large quantities of pale urine are passed without any sugar in it). Diabetes due to injury or fall.

Arnica 3-30.—Coma in diabetes.

Opium 3-30 ; Rhus Aromatica θ.—10 or more drops have been more successful in some cases.

Diet, etc.—The secret is to cut down the starchy elements from one's diet to the minimum of tolerance is arrived at by semi-starvation experiments. Sweet, rice, and fruits are to be taken as sparingly as possible ; fatty food should also be avoided as much as possible. Occasional fasting is to be recommended, and the patient should never eat fully of any meal. Plenty of water may be drunk. Allen of America and Waters of

Howrah have elaborated their "Fasting cure" on these principles.

DROPSY

(Local swelling, Œdema ; serum inside abdomen ; Ascites ; swelling of the whole body ; anasarca).

Blood is made up of fluid called serum and the red and white corpuscles. Under certain circumstances, as in consequence of loss of blood from bleeding as during delivery, or of destruction of blood (as by malaria, Kala-azar etc.) or from proverty of blood (as in dyspepsia, diarrhœa, diabetes, the last stage of almost all chronic disease) or of faulty action of the heart, kidneys or liver—the serum accumulates in different parts of the body.

In anæmia, of watery condition of blood, as well as in heart-disease, dropsy begins below the ankles or on the back of the feet ; in dropsy due to liver-troubles, it begins inside the abdomen ; in kidney-troubles, it begins in the face ; and in the advanced stages, all dropsies appear as anasarca.

Treatment :

Arsenic 3, 12, 30.—Used in all forms of dropsy—in anasarca due to heart-troubles or in dropsy due to liver troubles ; patient is emaciated and weak ; tongue red and rough ; pulse irregular and small ; extremities cold ; constant thirst, relieved by sips ; sense of constriction around chest ; difficult breathing on lying down ; yellow tint of skin ; where serum is oozing and the skin is pasty looking with ulcers ; much thirst or none at all.

Decoction of Apocynum—15 to 20 drops twice daily in ascites.

Apocynum 1x.—Sense of heaviness of head ; weakness ; somnolence or restless sleep ; slow pulse ; constipation but stools are not hard ; unconscious passage of urine ; weak heart action ; pain all over the front of chest and consequent heaving of sighs.

Apis Mel. 3.—Dropsy due to kidney troubles or to scarlet fever ; œdema of lower extremities (especially in pregnant women) ; absence of thirst in acute cases of dropsy ; delirium ; vacant looks ; gnashing of teeth ; spasm or convulsion of one side of body ; diminution of urine ; sweating of the forehead ; urine scanty and high coloured, brownish or smoke tinted.

Digitalis 3.—Pulse small, weak and intermittent ; difficulty in breathing ; dusky face ; inability to lie on back ; irregular action of heart ; dropsy due to heart or kidney troubles.

Acetic Acid 2x.—Feet are much swollen and there is much thirst. Passes large quantities of pale urine.

Terebinthina 3.—Dropsy due to affections to kidneys, urine scanty, thick muddy sediment ; dark, bloody and albuminous.

Helleborus 12 or 30.—*Hydrocephalus*—dropsy of the brain ; general dropsy associated with or after some serious disease ; cholera, eruptive fevers, inflammation of the kidneys, intermittent fever, debility, pains all over, diarrhœa, suppressed urine.

Bryonia 3-30.—Dropsy due to liver-troubles or constipation ; swelling of the feet during pregnancy ; dropsy due to suppression of sweating or disappearance of eruptions on the body ; swelling of joints ; difficulty of breathing ; hacking cough ; pain in the chest.

Pulsatilla 6.—Dropsy due to menstrual disturbance.

Sulphur 30.—Dropsy following suppression of any skin-lesion.

Ferrum met. 6-30.—Skin yellow or dusky ; much prostration ; constipation ; nausea after eating ; dropsy due to menstrual troubles.

China 6, Lachesis 6, Colchicum 6, Lycopodium 30, Aconite 6, are occasionally useful.

The patient should be kept comfortably in a *dry and worm* atmosphere ; free and sufficient urination should be induced. He should have a sweating bath daily. To effect this last, wrap the whole body, from neck to feet, with two or three dry hot blankets, inside which half a dozen hot-water bottles have been inserted.

Diet :—Cut off salt from diet. Restrict fluid intake. Give plenty of milk, fruit-juices, rice, sago or barley-gruel or pieces of dried arum (*mun-kachu*) boiled in milk. Avoid meat, spices, ata (flour). Give easily digestible nourishing diet ; water should not be totally stopped ; sufficient quantity of water may be given to allay thirst ; drinking of water regulates the kidneys and helps towards proper elimination of urine.

ANÆMIA

Anæmia literally means "bloodlessness", but strictly speaking this is an unhealthy condition of blood in which the red corpuscles are deficient; this unhealthy condition is indicated by a general pallor of the complexion. The patient becomes very weak, lethargic, tired on slightest exertion. Want of pure air and sunlight and want of proper food, profuse bleeding etc. may cause anæmia, but in most cases it is the sequelæ, or concomitant of some other diseases.

Treatment :

Prescribe the medicines noted against the individual causal factors ;—Malaria—Natrum Mur. 30. Scanty or suppressed menses—Puls. 6 or Ferrum Met. 30. Leucorrhœa, seminal loss, bleeding or diarrhœa—China 6, Phosphoric Acid 6. Drinking—Nux Vom. 1x—30. Abuse of mercury—Nitric Acid 6 or Aur. Met. 6x-30. Abuse of quinine or iron, with sense of chilliness—Puls. 6-30. Where patient is very devitalized, give Ars. 30. Where symptoms of phthisis are associated, Phosphorus 6. If all the above fail, give Sulphur 30, for two days and stop all medicines for two days ; then give medicines according to indications. If all these are unavailing, try Natrum Sulph. 30—in any circumstance. In chrolosis, Calcarea Phos. 3.

Diet etc. : Light open-air-exercise or a regular brisk walk in the morning and evening is beneficial. Sea-bath or bathing in a stream, pool or tank is helpful. Easily digestible nourishing food is most essential. Drink the soup of *Kuley-Khara** daily.

TUMOURS

(See under Venereal Disease and Cancer)

Tumours are new formations, being local circumscribed overgrowths of tissues. Why they form, nobody knows. They are classified as benign or malignant. Malignant tumours cause much local destruction of tissue and constitutional disturbances. Benign tumours do nothing of the kind.

Treatment :

Baryta Carb. 6.—Especially valuable in fatty tumours of cheek.

Arsenic 3x.—Where there are local pain and constitutional disturbances.

Calcarea flulor. 12x.—Stony hard tumours.

In fatty tumours, give Calcarea Carb. 30; in those that smart or there are pains, Hydrastis 1x—6; in tumours of the urinary passage, Eucalyptus 3x with local application of Eucalyptus θ. Also try Bry., Cimi., Conium., Lach., phyto., Thuja, according to symptoms.

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* Hygrophila Spinosa or Rullia Longifolia ; Koliabikhar, Koiloya Kolisa, Kulugolikey Golimirichettu, Gobichettu, Kuilirokha.

DISEASES OF THE NERVOUS SYSTEM

The word 'Nervous system', includes (1) brain, (2) spinal cord, (3) nerves. The brain is the organ of mind that enables us to know, feel and will. Brain coverings are called meninges.

The nervous system of man is Cerebro-Spinal and Sympathetic. The Cerebro-Spinal system compries (1) Brain (the upper part of which is called cerebrum and the lower, cerebellum), (2) Medulla Oblongata, and (3) Spinal Cord. From the spinal cord, on both sides of the body issues pairs of nerves that ultimately distribute themselves to muscles, skin and glands. The cerebrum or the great brain is concerned with functions of knowing, feeling and willing. The cerebellum or little brain is concerned in maintaining the equilibrium of the body. The medulla oblongata holds the key to circulation, respiration, vomiting and regulation of blood-supply to different parts of the body. The spinal nerves are conductive (*i.e.* they move muscles), sensory and trophic (*i.e.*, they are concerned in maintaining nutrition) in function.

The sympathetic nervous system supplies the internal organs and is concerned chiefly with regulating the blood supply to organs and tissues. As the sympathetic system is full of knot-like swellings, it is known as gangliated (knotted) system.

INFLAMMATION OF THE BRAIN & MENINGES

(Encephalitis)

We will describe inflammation of the meninges separately; but here we take a collective view of the entire contents of the skull.

Symptoms : High fever, intense headache; delirium; flushed face; quick pulse; throbbing of vessels of neck and temple: constipation, nausea or vomiting; sleeplessness; contraction of pupils at the beginning and dilatation of them, during the height of the disease; inability to tolerate light while the pupils are dilated; gnashing of teeth; giddiness, difficulty in breathing; sour smelling urine.

Causes : Germs; hence it is found usually after measles, scarlet fever, influenza; and is found also after acute poliomyelitis.

Treatment :

In case of high fever, thirst, fear of impending death —Aconite 3x. Due to injury to head followed by high fever—Arnica 3-6. Fever with delirium, excitement, injected eyes—Belladonna 6-30. Rubbing the head against the pillow and sudden screamings—Apis 6-30. Intense headache, low muttering dilirium, sudden starting amidst sleep—Bryonia 6, Helleborus 6 or Sulphur 30.

MENINGITIS

It is the result of injury, or of extension of inflammation from disease of the bones of the skull. In some cases inflammatory disease of middle ear or inner parts of nose, pneumonia, influenza, typhoid fever, tuberculosis are also the cause of this disease.

High fever, delirium, moaning fixed-stare or closed eyes, red eyes and tongue, tremulous tongue, comma, sudden screaming—are the symptoms of this disease.

Treatment

Sudden screaming : Apis 3x-200 : As a rule, in every case of meningitis, this medicine suffices ; this failing, try Zincum 3x-200. Aching backwards of the body (opisthotonos) or bending of the head on one side, with fixed stare—Cicuta 6-30. Pin pricking sensation inside the head—Tarantula 6. Try also according to indications—*Belladonna* 3, *Bryonia* 3, *Opium* 3-30, *Verat. Viride* 1x, *Gels.* 1x, *Helleborus* 3, *Hyoscyamus* 3x-200, *Lachesis* 6, *Phosphorus* 3.

Remember that the disease is often fatal ; and the patient should be placed under the care of qualified hands from the beginning.

HEADACHE

It is not a disease in itself but a symptom of other disease.

Treatment :

Aconite 6-30.—Congestion of head giving rise to a sense of fulness inside ; hemicrania (headache of one-half of the head) ; throbbing of temples, even of the eyes. Rest gives relief ; movement hanging down the head or noise, aggravates the headache.

Belladonna 3, 6, 30.—Throbbing pain in the head ; intolerance of light and noise ; pain comes on, lasts for sometime and ceases suddenly. Worse lying down and in the afternoon.

Melilotus 1x.—Headache with retching and vomiting. Congestive, throbbing frontal headache. Sick-headache relieved by bleeding from the nose or from menstrual flow (use θ or 1x) every ½ hour.

Gelsemium 3.—Everything appears dark during headache.

Crotalus 6.—Patient walks slowly or on tip-toe to avoid jar to his head. Dull, heavy occipital pain on right side and right eye. Headache with pain in heart on lying on left side. Throbbing headache, nausea before menses. Severe pain in the centre of the forehead, dilated pupils ; profuse menses.

Ignatia 6-30.—Headache due to excitement or worry and vexations.

Nitric Acid 6-30.—Pain in the back part of the head.

Magnesia Phos. 2x-12x (*trit.*)—(To be taken in hot water). Unbearable pain, shifting from place to place and disappearing at times.

Arnica 6-30.—Headache is due to flow of blood to the head or nervous debility; heaviness of the eyelids, vision appear to be now lost, now seeing flashes of light; eyes injected; burning sensation in eyes; head feels hot; throbbing of the vessels of temple and neck; aggravation of pain by light, loud sounds or movements; and relief on taking rest; chronic headache due to injury.

Bryonia 3, 6, 12, 30.—Headache is due to congestion or gout; aggravation by movements; giddiness; heaviness of head; bursting sensation in forehead on stooping; pain in the temples, relieved by pressure, right hemicrania; repeated eructations and bilious vomit; nose-bleed from the side of the head is aching; pain in the forehead; feels as if the skull would burst.

Calcarea Carb. 30.—Headache due to excessive mental strain; morning headache; sweating of upper half of the body at night; hemicrania; repeated eructations on empty stomach, with cold feeling in the head.

China 6, 12, 30.—Humming noise inside the ears; flushed face; weakness; frequent yawning.

Ignatia 3-30.—Headache due to agony or suffering bereavement; headache of hysterical patients who feel ball-sensation inside the abdomen; pain as if a nail is being driven; headache confined to one part of the head.

Lilium Tig. 6.—Pain and heavy sensation all over the top of head; desire to relieve the heaviness by supporting it with the hands; headache from left temple to back of head; morning diarrhœa with heavy sensation of head; headache due to menstrual troubles; aggravation of headache on exposure to cold-draughts and relief after sundown.

Nux Vomica 6, 12, 30.—Giddiness ; throbbing of vessels of temples ; splitting headache ; nausea or vomiting ; constipation ; aggravation of pain after meals, mental exertions and on stooping ; headache of the stout and the strong ; hemicrania commencing on the morning and disappearing at night ; acid or bilious vomit ; headache of drunkards or of dyspeptics and patients suffering from piles.

Pulsatilla 3, 6, 12.—Headache due to indigestion of fatty food ; or to disease of female organs ; pains behind ear, like that of a nail being driven in.

Phosphoric Acid 6-30.—Pain in head and neck due to nervous debility or sexual neurasthenia ; loss of memory ; impairement of hearing and eye-sight.

Sepia 6, 12, 30.—Sense of weight and lancinating pain ; headache with nausea or vomiting following menstrual trouble ; brow-ache ; constipation.

Silicea 6, 12, 30.—Maddening headache ; chill and nausea in the morning, with sense of weight on head ; intense hemicrania ; pain over the eyes, with inability to open them.

Cimicifuga 3-30.—Headache due to nervous paralysis or menstrual disorders ; intense pain in head and eyes ; aggravation of headache by moving the head, the pain radiating from forehead to the neck ; dilatation of pupils on account of the intensity of headache ; delirium and vacant stare ; headache of feeble hysterical patients with a sensation of globe in the throat and with nausea; sleeplessness; headache of students and of drunkards.

Cyclamen 3-30.—Intense headache; sees numbers of colours playing before the eyes; aggravation of headache in the morning and during menses.

Iris vers. 3.—Right-sided headache with nausea or vomiting (with faulty liver or with history of over-study).

Kali bich. 6.—Frontal headache just over the right eye. Blindness followed by severe headache.

Spigelia 3-200.—Tearing pain in the forehead, aggravated by movement and accompanied by palpitation and restlessness; the pain extends to the eyes; pain is relieved by pressure; left-sided hemicrania, *commences in the morning, increases till noon, disappears at night.*

Sanguinaria 3.—*This is pre-eminently a right sided remedy.* Headache only during the day-time; right hemicrania; headache every seventh day; headache during menopause. Periodical sick-headache; *begins in morning, increases during day and lasts until evening.* Bursting headache, sensation as if the eyes would be pressed out. Throbbing headache, lancinating pains through the brain, worse in *right side,* especially in forehead.

Chionanthus Virginica 1x.—Headache with nausea or due to biliousness. Headache occurring at periodical intervals.

Glonoin 3.—Headache due to exposure to sun or fire or the strong gas or electric light. Congestive throbbing headaches; headaches with increased secretion of urine. Brain feels too large for the skull. Hemicrania. Sun-headaches. Headache increases and decreases with the sun.

Sulphur 6, 12, 30.—Throbbing pain behind the ears and in forehead ; heat on the top of head ; morning dizziness, headache or dizziness due to sudden stoppage of bleeding from piles.

Verat. Viride 3x-30.—Fulness and heaviness of head ; throbbing of vessels ; burning in ears ; unconsciousness ; diarrhœa with nausea, vomiting.

Petrol 3-200.—Headache from anger, or excessive mental exertion. Frontal headache, at times quite severe, worse while nausea continues. Headache of long-standing with retching and vomiting.

In Chronic Headache :—Sulphur, Calc. Carb., Natrum Mur., Chininum Sulph. (3x—3), Sepia, Kali Bi., Kali Carb., Sanguinaria, Nux Vomica, Ars., Zincum, Cocculus—all in 6-30 potencies.

Accessory measures :—Fasting (partial or to the extent possible) is better than taking full diet. A cold compress or washing the head with water and vinegar are recommended. In cases where the headache is traced to the defect in eye-sight proper glasses should be used.

VERTIGO (GIDDINESS)

It is secondary to debility from excessive study or sexual indulgence, indulgence in narcotics, night-keeping, dyspepsia, heart or kidney disease or injuries to head. The patient feels that the things about him are unsteady and when he attempts to walk, his body sways from side to side and he tends to fall. On suddenly rising, he may see a play of colours before his eyes and may faint.

Treatment :

(1) *In nervous cases*, especially if due to tumours, Coffea 6 ; Nux Moschata 1x-3 ; Ignatia 3, Zincum 3-6 ; Theridion 30 (if accompanied with nausea and vomiting and if dizziness is aggravated by movements or closing the eyes ; Ambra 3.

(2) *Due to eye diseases* : Due to eye-strain, Ruta 1-30. Due to contraction of pupils, Physostigma 1x-3.

(3) *Due to ear-diseases* : Causticum 6, 30, Gels. 3x-30; Stramonium 3x-30.

(4) *Due to digestive troubles* : Nux vomica 3-30.

(5) *Due to poverty of blood* : Baryta Carb. 6 ; Lycopodium 12, Silicea 30. [It usually commences in the morning, lessens after food and increases after exertions. There is no accompanying headache].

(6) *Due to plethora* : [It does not commence in the morning, is aggravated after food and lessens after exertions. Headache usually accompanies it]. Bell. 3x-30. Nux Vom. 3-30, Arnica 3, Natrum Mur. 12x. (trit)—200, Lachesis 6. If giddiness increases on stooping, Calcarea 6-200, Bryonia 3-30, Sepia 6-200.

(7) If there is a tendency to fall forward, Spigelia 30, Cicuta 6 ; in tendency to fall backwards, Bryonia 6-30, Nux vomica 3x-200, Rhus 6-30 ; in tendency to fall on one side, Sulphur 30. The patient should live

out-of-doors, secure regular movement of his bowels, eat plain, easily digestible food and bathe daily.

HEMICRANIA

(Migraine, Sick-Headache)

It is a kind of aching of one-half of the head, usually seen in those required to do much mental labour or having urinary diseases or faulty liver with irregular action of the bowels, rheumatism or depraved blood.

Treatment—*In affections of the right* : Prunus Spinosa 3-6. Sanguinaria 3-200. Platina 6, Puls. 6, Silicea 30. *In those of left side* : Spigelia 3-30, Thuja 6-200. Where there is much pain from the begining : Gels. 1x-3 , Iris 1x-30 ; Chionanthus θ-2x ; Sanguinaria θ.

Other medicines recommended are :—Duboisin 6x, Verat. Viride 3x, Ipecac 30, Strychnine 30, Atropine 3x-30, Hyoscyamine Hydro-brom. 6x (trit), Cannabis Indica θ-3x.

INSOMNIA

(Sleeplessness)

This is secondary to mental or bodily worries, to surfeit or fasting, to constipation or cold extremities, to drinking of coffee or tea, etc.

Treatment :

Coffea 6-12.—In mental excitement.

Ignatia 3-30.—In mental agony.

Chamomilla 12.—In teething children.

Nux Vomica 6-30.—Insomnia till past midnight (about 2—3 A. M. passing on to sleep) ; insomnia due to constipation, surfeit, worms, indigestion or overstudy.

Puls. 6-30.—Insomnia in the middle of the night.

Cina.—Due to worms (2x—200).

Aurum 6 or Acid Nitric 6.—Insomnia of syphilitics.

China 6-30.—Protracted sleeplessness ; sleeplessness from crowding of ideas ; sleeplessness due to loss of vital fluid bleeding, retching and vomiting, etc. or due to excessive tea-drinking.

Lachesis 6-30.—Sleepy, but cannot sleep. Restless sleep, with many dreams and frequent waking. Persistent sleeplessness in the evening with talkativeness. Awakens at night and cannot sleep again.

Passiflora Incarnata θ (dose *m.* 1-30—Restless and sleepless ; sleeplessness due to anxiety, overwork or fatigue ; insomnia of infants and the aged ; it soothes the nervous system and induces sound sleep.

Ferrum Phos. 30.—Insomnia due to rush of blood to head. This should be taken for a long time.

Sulphur 30.—Insomnia between 2—5 A. M.

Other medicines recommended : Aconite, Opium, Cypripedium, Kali bromatum, Ars., Kali iod., Camphor.

Warm up the extremities, wash the head and neck and wrap up in a hot blanket ; or take a warm bath immediately before retiring and use a low pillow and a hard bed. Take your night meal 3 hours before sleep and avoid tea, coffee or alcohol.

SLEEPING SICKNESS

It is an African disease caused by infection with a germ communicated by the bite of the Tse-tse fly (Glossina palpalis). There are enlargement of lymphatic glands ; later on, there occur impaired muscular power and endurance, mental torpor and the patient falls asleep at work or meals ; the gait is shuffling and the patient may stagger or fall ; the body wastes ; tremors, twitching and convulsions occur. Death from exhaustion sometime follows about 2 years after the onset of lethargy.

Treatment :

Chloral Hydrate 2x (*trit.*)—4 grs., in water, every 3 or 5 hours. If after 2 or 3 weeks improvement occurs, give 3x instead and stop it as soon as marked improvement occurs. If it fails, try Opium, Nux Moschata ; Apis, Arsenic, Helleborus, Lachesis, Naja, Kali Brom., Moschus, Sulphur.

NIGHTMARE

This is a sensation of something very heavy pressing on the chest—felt by people in the midst of their sleep;

It occurs in some persons habitually, but is commonly found in those who lie on their back and suffer from indigestion. The patient screams out and is bathed in perspiration or trembles from fear.

Treatment :

Kali Brom. 1x or *Pæonia* 2x.—To be taken before retiring to bed. *Nux* 6.—If due to indigestion. *Ferrum phos.* 6x.—If due to rush of blood to head.

Avoid heavy or late night-meals and don't sleep on the back.

HYSTERIA

Correctly speaking this is a functional disorder of the nervous system. It has also a *special affinity to uterus and ovaries.* Formerly the general impression was and still is that Hysteria is due to or closely associated with the disorders of these female organs, but pathologically it is not *at all correct.* It is not exclusively an women's disease ; men may suffer as well as women ; but it *mainly occurs in females* particularly at the age of puberty or early adult life. Hysteria is found very seldom in males. Emotional persons are its easy prey. Sudden emotion, excitement, annoyance, anxiety, grief, working in closed compound, want of pure air are the exciting causes. Heridity plays an important part. Some of the commonest symptoms are : apparent loss of consciousness, feeling of a ball passing from abdomen to the chest up to the brain ; convulsive fits ; headache ; vomiting ;

distention of abdomen ; suppression of urine ; blocking of the passage for swallowing food ; pain in the liver of abdomen ; loss of power of speech or of eye-sight, etc.

(1) At the commencement of an attack—let her inhale *Camphor or Moschus θ*, or give *Moschus θ*.

(2) Patient is melancholic, restless, suffers from regular but excessive menses, or has suppressed menses :—*Platina* 6 or 30. Those patients who are very communicative and arrogant, get benefit from *Platina*.

(3) Globe rises from abdomen to neck ; inability to swallow ; convulsive fits ; heat at the crown of head ; eyes watery, melancholy alternates with gay mood ; patient is not communicative—*Ignatia* 6 or 30.

(4) Menses suppressed or painful :—*Puls.* 6, *Sabina* 6, *Cocculus* 6.

(5) Globe rises from stomach to throat ; breathing is difficult, abdomen distended :—*Asafœtida* 6.

(6) Uterine disorders with mental restlessness and irritability ; misanthropy ; pain below left breast or in left side of chest :—*Cimicifuga* 6.

(7) Delirium during "fit" and complaints are prominent after "fits" pass off ; hysterical flatulency, over-exciteable, changeable disposition and ideas :—*Valeriana* 3.

(8) Pain in throat or abdomen ; excessive urination ; husky voice ; melancholia :—*Causticum* 6.

(9) Try—Belladodna 6, Nux Vomica 30, Nux Moschata 2x, Hyoscyamus 6, Aurum Met. 6, Tarantula 6, Zincum Phos. 3.

(10) During the "fit" loosen all tight clothings; remove all sharp instruments out of reach of the patient; prevent her doing bodily injury to herself. Above all, do not be undully sympathetic in her presence. A hysteric person must not see another hysteric in a hysteric fit lest she should have the attack herself on the spot, the disease is so very sympathetic.

APOPLEXY

Sudden loss of sensation, motion and consciousness are the manifestations at the beginning of Apoplexy. It may be due to cerebral hæmorrhages or obstruction of blood-vessel by clotted blood or by some foreign body carried by the current of blood. In some cases the direct cause is any injury to the head by a fall or by a blow resulting in internal hæmorrhage into the brain. The main cause points to some diseases of the blood-vessel. Old men are mostly liable to its attack.

There is another type of Apoplexy which develops gradually; the predisposing conditions are headache, giddiness especially when stooping, vertigo with nausea, pulse slow but full and strong, irritability, slight indistinctness of speech, partial loss of control over the movements; one-sided paralytic attack may set in.

The patient may survive but may not regain the former control over his movements, he may remain a *paralytic* for the rest of his life.

Urine and stools have been voided involuntarily, swallowing is difficult or impossible. Pulse is at first full and bounding, temperature normal or subnormal. if the temperature begins to rise and the pulse grow weak and irregular; if the body is bathed in sweat and the face looks livid or blue, death is imminent. If the patient is going to recover, he is gradually able to swallow and returns to consciousness, the paralysis very slowly recovering.

Treatment :

Lycopodium 1x: In sudden attacks. *Aconite* 1x: Pulse full and quick; skin dry and hot; tongue paralyzed. *Arnica 6*: In the aged, when it is due to determination of blood to head. *Belladonna* 6: Unconsciousness; loss of speech; face flushed and swollen; vessels of neck and face turgid and throbbing; convulsive twitchings of face and extremities; pupils dilated; urine not passed or voided involuntarily. *Baryta Carb.* 6: In paralysis of right side, in old men with paralyzed tongue. *Glonoin* 3x-6: Threatened apoplexy. *Hyoscyamus* 3x-6: Unconscious evacuation of urine and stools. *Opium* 6-30: Coma; full of soft pulse; stertorus breathing; face swollen and flushed or blue; eyes half open; pupils dilated; extremities cold; bleeding from vessels. This medicine can be given every hour till benefit results. *Nux Vomica* 6: If apoplexy is due to excessive eating or effusion into brain. As soon as consciousness returns, give *Arnica* 3, a few doses. If paralysis sets in, give *Causticum* 6, *Cuprum* 6, *Cocculus* 6, *Sulphur* 30, *Plumbum* 30, *Zincum* 6x-6.

Often these are beneficial—Hydrocyanic Acid 3x, Argentum 6, Verat. Viride 3x-6.

If all medicines are unavailing apply electric current. During the fit or stroke, let in fresh air, loosen the dress, apply ice to head, hot bottles to extremities (If the extremities are cold). Get urine drawn out. As soon as patient can swallow, give milk ; when he regains consciousness and gradually gets better, give rice, etc. Avoid meat, eggs, tea, tobacco, alcohol, physical and mental over-exertions, excess of every nature.

EPILEPSY

Patient who received head-injury or whose parents had an alcoholic history or syphilis or had epilepsy are liable to get it. This consists of a "fit" of only a few seconds duration. Before the actual "fit" comes on the patient has warnings or "*aura*". These "*aura*" may be ocular, in which case the patient sees a play of colours ; auditory, in which case he hears many kinds of confused noises ; or sensory, when he feels worms creeping under his skin. Within a few seconds of the "*aura*" the patient shrieks, falls all on a heap on the ground, stretches out limbs, his body becomes arched on the back, the head is drawn to one side, his limbs, violently twitch and jerk, his face becomes blue, *froth comes out of his mouth*, the tongue is bitten, stool and urine are unconsciously voided and the body is bathed in sweat. After a few such terrible seconds, the body relaxes, he regains consciousness—temporarily or partially. If the fits do not recur, consciousness is gradually restored and for a time afterwards the patient developes a murderous tendency.

Diagnose this condition from (1) Hysteria—in which the patient does not give out the shriek before falling and does not wholly loose consciousness ; and (2) Apoplexy—which is more or less unilateral.

Loosen the clothes. Give fresh air. Fan, if necessary. The fit is of a few seconds' duration and often is over, before medicines are brought over. See that he does not bite his tongue, nor grips his own throat or does any injury to himself.

During fit, hold *Amyl. Nitrite* before his nose—Then try *Kali Mur.* 12x (trit.). *Œnanthe Crocata*—for acute epilepsy in adults. In cases of chronic epilepsy, *Bufo* 6. In acute epilepsy of children give *Cicuta* 6, and in chronic, *Opium* 30, *Kali Cyanatum* 3—in unconsciousness with violent convulsion, body is blue and there is difficulty of breathing. If the fit is due to mental agony or fear or self-introspection and the patient is not unconscious—*Ignatia* 6. If pupils are dilated, eyes are fixed in stare, patient falls down unconscious after uttering a shriek and his mouth foams—*Acid Hydrocyan.* 3x. In frequent attacks (acute illness)—*Kali Bromide gr.* 8-10 thrice daily for a long period. Eyes red and bright, face flushed, pupils dilated, burning sensation inside, intolerance of light, sudden startings (in acute illness)—*Belladonna* 1x. Severe convulsions and blueness of face—*Cuprum Acet.* 3x. (trit.). In cases of chronic epilepsy, try *Kali Hydro.* 6, *Bufo.* 6, *Calc.Carb.* 30, *Zincum Phos.*3, *Silicea* 30, *Plumbum* 30, or *Sulphur* 30. If due to worms—*Cina* 2x, *Santonine* 3x (trit.), *Teucrium* 6. If due to nervous break-down—*Acid Phos.* 3, *Phosphorus* 6, *Cina* 6, *Ferrum* 6. If due to fear—*Opium* 30, *Aconite* 2x, *Indigo* 6x—Sudden flushes of heat from abdomen upward ; fit begins with dizziness. It is best adapted where worm-symptoms predominate. Excitable before attacks and melancholy and mild afterward.

TETANUS

The germ that gives rise to this disease get entrance into our body through breaches of the skin-surface. Entering the body, it gives rise to certain poisons that fix themselves on and act upon the spinal cord. The first symptoms and the most constant symptoms throughout the disease is lock-jaw—inability to open the mouth properly. With the onset of lock-jaw, fever sets in and rises in intensity proportionate to the number, duration and severity of convulsions. The slightest noise, the least breath of wind, the sudden rush of a flood of light – all tend to send the man into convulsions. The convulsion of tetanus is not a jerky one—the whole body becomes stiff suddenly—the man resting on his heels and head or perhaps jerked violently out of his bed. During one of these fits he may expire. The number of fits counts in judging the expiring stage.

Medicine :—(Repeat every 20 minutes, if necessary). If the convulsions are not severe, *Hypericum* θ-30. *Nux Vomica* 1x, *Strychnine* 3x (*trit.*). *Hydrocyanic Acid* 3, *Œnanthe* 3x, *Arnica* 3. Give *Hypericum* 1x, (from the very start. Pain in slight pressure, *Arnica* 3. Face cyanosed, *Œnanthe* 3x. Chill and sweat during convulsions, *Aconite Rad.* 1x. If the convulsions succeed after short intervals and the body arches backwards, *Nux*

Vomica 6. If convulsions are violent, *Acid Hydro.* 3. If the whole body is stiff, *Physostigma* 3. Body stiff or contorted, eyes fixed, unconsciousness, convulsions at long intervals, face flushed, difficult breathing, foaming at mouth, body arched backwards, *Cicuta Virosa* 6. Patient is conscious, getting suffocated, body now relaxed now convulsed, *Nux Vomica* 3x.

Apply Calendula Lotion (1 dram of θ to 1 oz. of water) to the injured part, ice to spine and feed him with liquids.

HYDROPHOBIA

This is a disease contracted through the contact of saliva of rabid animals with broken skin-surface. A cat, dog or jackal etc. suffering from this disease is potent for communicating it through its saliva. Hence, bites and scratches by such animals are equally dangerous.

The part bitten or scratched does not manifest anything untoward. But after some time, varying from 15 days to as many years, the disease develops. The premonitory symptoms are, pain and itching at the seat of the bite, shivering, mental depression, insomnia; then follow spasms of the wind-pipe (larynx), rendering drinking impossible. Even a current of air, a bright light, some smells, attempt at drinking induce spasms. The patient dreads water or current of water; even he cannot bear the sight of any glittering object. Convulsions set in, resembling epilepsy or tetanus. Patient becomes frenzied, bites, screams or knocks himself against the wall. The temperature rises and with it the pulse-beat increases. Paralysis soon follows and death occurs from suffocation.

Treatment :

As soon as bitten, tie a cord one inch above the bite—so tightly as to constrict the veins and retard the circulation, but not so tightly as to cut into the skin. Take a mouthful of spirit or brandy and having rinsed your mouth with it, suck the part. Then treat the wound with strong *nitric acid* or *potassium permanganate.* Then loosen the tie, administer at once a dose of *Hydrophobinum* 30-200 and continue it thrice daily for a week. Thereafter, take for one year *Belladonna* 3-200, twice daily. If there is much nervous irritability and delirium, *Stramonium* 1x ; or if there be frequent spasms or convulsions *Lachesis* 6-30. Use also—*Hyoscyamus* 1x, *Belladonna* 1x, *Arsenic* 6.

[The Ayurveda recommends for an adult the following decoction to be taken on empty stomach early every morning—110 grains of each of Dhutura (white) leaf-juice, molases from cane, cow's ghee and raw cow's milk. This is generally followed by intoxication and sleep. It is a good omen if no intoxication remains on patient's awakening. The quantity that makes an individual patient intoxicated is the proper dose for him. It neutralizes the poison and brings him round. The quantity differs according to the susceptibility of an individual patient.]

PARALYSIS

This term indicates numbness and loss of sansation of any part of the body, whether preceded or not by convulsions of spasms.

Treatment :

In acute cases if the paralysis is from lower parts of the body proceeding upwards :—

Hydrophobinum 30—Paralysis due to injury.

Arnica 3.—Paralysis of lower limbs.

Rhus, Tox 30.—Paralysis in old men with loss of memory. Tongue and face are particularly paralyzed.

Baryta Carb. 6-30.—Paralysis of face, wind-pipe or of urinary bladder.

Causticum 6, 12, 30.—Loss of sense of touch but painfulness not lost ; pain-and-needle sensation of the affected part and paralysis of half of the body.

Aconite 1x.—Rheumatic pain in the leg ; failure of vision ; nocturnal incontinence of urine ; inability to work.

Belladonna 3.—Paralysis or impotence from excessive venery.

Phosphorus 6-30.—Writer's cramp.

Gelsemium 2x-30.—Paralysis due to suppression of measles.

Sulphur 6-200.—Spasms of limbs ; paralysis due to central nervous system trouble.

Merc Sol. 6.—Sensation of touch is diminished but that of pain in sustained ; paralysis of half of body ; cracking of joints ; paralysis of the aged.

Cocculus 3. – Paralysis of the aged.

Conium 6.—Spinal paralysis due to excessive drinking with nausea and constipation.

Nux Vomica θ-30.—Paralysis of eyelids.

Gelsemium 1, *Tarantula* 6-30 may also become beneficial with their characteristic indications.

SUN-STROKE Insolation)

Humidity and stillness of the atmosphere, lowness of country level, working or marching in heat ; alcoholism and over-eating, tight clothing and depressed health are the causes that give rise to sun-stroke. Of the two forms, heat-shock is the milder and heat-fever is the graver one. In heat-shock—lassitude, giddiness, nausea, weak pulse and clammy sweats occur ; in heat-fever—the temperature may rise even to 109°F., with stertorus breathing, coma, flushed face, injected eyes and bounding pulse.

Treatment

Giddiness, burning sensation inside the body, pains at the back of the head, sudden unconsciousness—*Glonoin* 3 (every 5 minutes). When the face, is flushed and eyes blood-shot—*Belladonna* 3. Headache every summer

(as sequelæ)—*Natrum Carb.* 6. Use according to indications—*Aconite* 3, *Verat. Viride* 3.

Remove the patient, if unconscious, to the shadiest and coolest place and apply ice to head. If there be no convulsions and the body heat is great, apply cold-sponging or use cold pack. If he is strongly convulsed, let him inhale *Amyl Nitrite θ* for a second.

NEURASTHENIA (Nervous Debility)

This is a condition of general lowering of energy and capacity to do fatigue, resulting in slow recuperative power and enfeeblement of all the bodily functions. It also follows from great mental extertions and interferes greatly with the mental exercise. The *symptoms* are :— headache, giddiness, palpitation deficient hearing power, indigestion, loss of appetite or relish for food ; sleeplessness, mental depression, unnecessary fears and anxieties ; loss of memory ; pallor, etc. The *causes* are : Strains of modern civilization, over-indulgence in tea, tobacco, alcohol or other intoxicants, excessive flooding, repeated pragnancies, etc.

Treatment :

Patient now cries now rejoices and is weak ;—*Ignatia* 6. Flatulent distention of abdomen, constipation, much mucus in stools—*Argent Nitric* 30. Deficient memory from excessive venery—*Anacardium* 3. Exhaustion from too close business application, fatigue on slight exertion, backache—*Picric Acid* 6. Aggravation after waking from sleep—*Lachesis* 6.

Chamomilla 12, Ambragrisea 30, Pulsatilla 6, Hyoscyamus 3, Kali Bromatum 6, Zincum 6, Bryonia 3, Platina 30, Phosphoric Acid 6, Gelsemium 3, Moschus 6 are to be used according to their indications.

Open-air-life, plenty of rest and sleep, massage, gentle exercise, wholesome food are all very necessary. Hypnotism may be tried.

NEURALGIA

Pain along the course of or at the termination of a nerve is called neuralgia. It may affect the teeth or the heart or the ovaries or rectum or testicles or any place and organ. A run-down condition of the body, cold, local sources of irritation are the **exciting causes.**

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Treatment :

In Neuralgia of Face : Belladonna, Arsenic, Aconite, Caulophyllum, Spigelia, Phosphorus.

In Hemicrania : Arsenic, Ignatia, Coffea, China, Gelsemium, Nux Vomica, Belladonna.

In Neuralgia Intestines : Arsenic, Alœs, Colocynth, Nux Vomica, Lycopodium.

In Cardiac Neuralgia : Cactus, Belladonna, Verat. Viride 1x—3, Spigelia.

In Neuralgia of Sciatica Nerve : Chamomilla, Ignatia, Colocynth, Arsenic, Lycopodium, Plumbum, Sulphur, Phosphorus.

[All the aboves are to be used, except where stated otherwise, in their sixth potency.]

Ars. 6-30.—Burning pains, relieved by hot application.

Magnesia Phos. (*trit.*)—Taken in hot water cures all forms of neuralgia.

Oil Gaultheria—m. 5—Useful in neuralgias of intestines and rheumatic fever.

Plantago θ—Applied locally in very hot water, relieves all kinds of neuralgia.

Phosphorus 6-30.—In facial neuralgia.

Aconite 3.—Band-like sensation in forehead, and cheeks ; pain in the face due to congestion ; sciatica.

Belladonna 6.—Hemicrania, increased in the afternoon and accompanied with flushing of the face ; neuralgia of right side of face ; neuralgia of lower portion of throat.

Spigelia 3.—Cutting or tearing pain in head or face ; inability to lower the head or shake it when the pain extends to the eyes ; palpitation and restlessness.

Colocynth 6.—Hemicrania ; tearing or stitching pain in the teeth of left side of head ; pain increased by movements or by application of heat ; muscular twitchings, in dysmenorrhœa, in piles of males ; sciatica of a stabbing character, increased by movements but relieved by continuous walking ; needle-thrust-like pain in forehead and eyes ; throbbing of veins inside ears ; burning and cutting pain in the pupils of the eyes and hemicrania ; neuralgia of right testicles.

Gelsemium 3.—In neuralgic pain all over the body due to nervous exhaustion and accompanied with muscular spasms ; pain in neck, shoulder and back.

Coffea 6.—Right sided hemicrania, commencing in the morning and persisting all day ; splitting pain in the temples aggravated by movements or by noises.

In Right sided neuralgia :—Belladonna, Chamomilla.

In Left sided neuralgia :—Spigelia and Colocynth.

In malarial neuralgia :—Chininum Sulph. 3x (*trit.*) and Arsenic 3-30.

Try also : Chamomilla 12, Ignatia 3, Ruta 3, Kalmia 3, Argent. Nitric. 6, Mezereum 6, Zinc. Phos. 3x (*trit.*) Puls. 3-200.

All the Biochemic medicines except Calc. Sulph. and Calc. Fluor. may be used according to their indications.

CHOREA or St. VITUS' DANCE

It is the involuntary twitching of voluntary muscles anywhere in the body.

Causes : Fear, mental depression, masturbation, worms, heart-disease, rheumatism, eye-disease, etc.

Treatment :

If due to fear : Aconite, Ignatia, Stramonium.
" " **worms :** Cina, Spigelia, Santonine, Mercurius.
" " **Rheumatism :** Cimicifuga, Spigelia.
" " **masturbation :** Cantharis, Platina.
" " **debility :** Iod., Ars., Ferrum.

Try also : Zincum, Arsenic, Agaricus, Cuprum, Hyoscyamus, Causticum, Calc. Carb.—all in 3x-6 potencies according to their indicative symptoms. Galvanism may also be tried.

Secure rest, good food and open air.

TREMOR

It may be confined to one limb or be universal but is never associated with loss of consciousness.

Treatment :

Agaricus θ—Commencing from head, passes down to hands (especially in old men.)

Agaricus 3.—Tremors of all the four limbs ; body is cold and blue.

Merc. Sol. 12-30.—Tremors commence in fingers.

Ignatia 3.—Tremors due to mental excitement.

Stram. 30 or Aconite 3.—Tremors due to fear.

Antim Tart. 6 or Nux 1x.—For drunkards.

Gelsemium 1x-3.—In tremors of fingers or of whole body.

Cimicifuga 3.—Inability to walk owing to the tremors.

Try also : Hyoscyamus 2, Zinc Picricum 3x.

CATALEPSY

It is a disease characterized by sudden loss of consciousness with sudden stiffness of all the muscles, in the very acts in which they were at the time of attack.

Cause : Not known.

Treatment :

Cannabis Ind. 1x-3. If there is religious frenzy behind it—*Stramonium* 3x-30. *Verat. Viride* 1x, *Sulphur* 30.

BERI-BERI (Epidemic Dropsy)

It is well-known that most of the human food-grains contain a thin outer covering, which is rich in the substance called Vitamin or "water soluble B." In the process of milling, this layer is rubbed off. Those who eat such food-grains as are deprived of the Vitamin B contract a disease, that is called Beri-Beri. Real cases of Beri-Beri occur in China, Japan and the Malay Peninsula ; but a disease very much akin to it, called Epidemic Dropsy broke out in Calcutta in 1909—10.

The **Symptoms** are Low fever, swollen lower extremities—confined chiefly to the shin-bones and accompanied by a red bluish gradually extending to the feet. Then the heart becomes dilated and the whole body swells, the feet and hands "*dropping.*" There is much tenderness in the calves.

Treatment :

Eat un-polished whole-grains, plenty of ghee (instead of mustard oil), milk and fresh vegetables and meat. If possible, leave the place for a dry healthy climate.

Arsenic 3x-30.—Paralysis, dropsy, pain, anæmia. If no improvement follows after 2 or 3 days try—

Rhus Tox. 3x-200.—Paralysis, emaciation and stiffness of limbs.

Gelsemium 3.—Paralysis of lower limbs.

In dropsy—Bryonia 3, Sepia 6, Lathyrus sativa 3, Secale 6, Apis 3.

In cardiac debility—Cratægus *0*, Cactus *0* or Ginseng 2x.

Use also : Natrum Sulph., Plumbum, Phosphorus, Lycopodium—in 6-30 potencies.

DISEASES OF THE SPINAL CORD

[Spinal cord is that portion of the of nervous system which is between the base of the skull and top of anus. Inside of the body canal is called spinal canal or vertebral canal.]

NEURASTHENIA, NERVOUS DEBILITY

See *ante.*

SPINAL IRRITATION

It is a sort of debility of the spinal cord, manifesting itself more among females than among males, as pain in the spine when same is pressed upon or when much work is done.

Treatment :—Argent. Nit. 6, Agar 3, Picric Acid. 30, Ignatia 3, Silicea 30, Sulphur 30, Cimicifuga 3, Bacillinum 30, Secale 3, Telleurium 6, Belladonna 6, Rhus Tox 6, Cocculus 6, Asafœtida 3.

SPINAL ANAEMIA

Found in those with heart disease or anæmia.—Try Ferrum 6, Ars. Iod. 6x (*trit.*). Phosph. Acid 1x-2, Calc. Carb. 6, China 3, Secale 3.

SPINAL HYPERAEMIA

Found in those with history of taking strychnia, or exposing to cold or suffering from menstrual disorders, piles or sexual excesses. Pain along the spine in the loins ; pin-and-needle sensation in lower limbs are the **symptoms** felt. Try—*Ars.* 6, *Hypericum* 3, *Rhus Tox* 6, *Sulphur* 30.

SPINAL APOPLEXY

Bleeding occurs into the spinal cord or its coverings producing almost the same symptoms as those of apoplexy (quod-vide). The same medicines are to be used according to indications. If the tongue and the extremities become paralyzed, use *Guaiacum* 3.

SPINAL EFFUSION

See under Spinal Bifida (in section "Diseases of Infants and Children").

SPINAL MENINGITIS

The cause and symptoms are the same as in the case of cerebral meningitis (q. v.).

If there be fever, restlessness, dry skin or history of injury—*Aconite* 3x. Pain all over the body, aggravated by movements—*Bryonia* 3. Much fatigue, spasms or paralysis—*Gels.* 3. Lower limbs stiff and paralyzed—**Oxalic Acid 3x.**

MYELITIS

This is an inflammation of the whole part of the spinal cord due to injury, cold or infectious diseases. There is at first a sense of constriction of the trunk, followed by paralysis of the limbs.

Treatment :

(1) *In acute attack* :

Aconite 3.—Much pain in the spine, fever, convulsions.

Nux Vomica 3.—Convulsions ; hyper-sensitiveness.

Cicuta 3.—Severe convulsions and screams.

(2) *If the case is a chronic one* :

Oxalic Acid 3.—Lower limbs stiff, pain and rigor.

Ars. 3.—Contraction and loss of sensation of paralyzed limbs.

Plumbum 3.—If the case is very chronic one.

Put the patient in a soft bed (water or air bed, if possible) and apply cold to the spine.

PROGRESSIVE MUSCULAR ATROPHY

This waste starts in the muscles of the palms and extends to all over the body, till ultimately the patient becomes a living skeleton.

Try—Plumbum 6, Phosphorus 3, Argent. Nit. 6, Gels. 3x, Arnica , Sulphur 30.

COCCYGODYNIA

This is a neuralgic pain effecting the last bone (coccyx) of the spinal column. It is caused by cold, injury, forcep-delivery, or suppression of skin-eruptions.

Treatment :—Pain is bruising or band-like in character—*Causticum* 6. In tearing or wrenching pains—*Cicuta* 1. Pain increases on pressure—*Silicea* 6. Pain while sitting and aggravated on walking or touching—*Kali Bi.* 3x. Heavy sensation at the tip and the patient lies down in agony—*Antim Tart.* 6. Tingling pain—**Ruta 1 or Rhus Tox 6.**

LOCOMOTOR ATAXY

This is a syphilitic disease of the spine in which the patient does not feel the ground well and cannot walk properly.

Treatment :—In the initial stage—*Secale* 3, then *Fluoric Acid* 6. In syphilitic cases, *Kali Iod.* θ-6 or *Nitric Acid* 6. If patient is easily exhausted, *Picric Acid* 3. Hand tremulous and eye-sight is affected—*Arg. Nit.* or *Phosph* 3.

Try also : *Nux Vomica* 3, *Aurum* 3-200, *Medorrhinum* 200, *Magn. Phos.* 6x (trit.)-30, Alumen 6, Lycopodium 6, Ars. 3.

DISEASES OF THE EYES

The eyes are expansions of the optic nerve, which latter is direct prolongation of the brain. The nerve spreads out into a thin layer called retina in which are situated microscopic bodies called rods and cones. It is the excitation of these rods and cones in retina that sends up sensory impulse to the brain, which the brain translates as vision. The eye-globe is situated in the orbital cavity amidst a cushion of fat and is moved in various directions by muscles. The globe consists of an anterior and a posterior chamber and the external coating of tbe eye in its front portion is called cornea, behind the sclerotic coat. The cornea is glassy and transparent; the partition between the two chambers is formed by the crystalline lens being suspended by a circular screen (iris) which is hanging like a curtain from a band of muscles (ciliary muscles). It is this iris that forms the black centre of the eye and the aperture through it is called the pupil. The size of the pupil is controlled by the ciliary muscles. The posterior globe is full of a viscid fluid called vitreous humor. The glassy cornea. the aqueous humor (or watery fluid in the anterior chamber), the lens and the vitreous humor all serve to focus rays of light on the retina so as to form a true image thereon for the brain to perceive.

SOME PRINCIPAL MEDICINES

Agaricus 3.—In spasmodic contraction of muscles of eye-lids.

Allium Cepa 6.—In watery eyes or eyes with foreign-body-sensation.

Apis 6.—Swelling below eyes. Bag like swelling of the lower eye lids.

Asafœtida 2-6.—Feeling of pain radiating to outside of the orbit.

Aurum Met. 6x (*trit.*)-200.—Pain diffusing into the inside of the eye globe.

Sulphur 30.—Burning and foreign body-sensation in the eyes, aggravated on washing them ; pin-thrust sensation inside eyes and film-like blaze in front of the eyes.

Ailanthus 3.—Pupils dilated, eyes congested.

Borax 3x. (*trit.*)—Small pimples on eyelids which get glued together ; lashes turn inward ; pain and itching of angles of eyes.

Euphrasia 3.—Burning discharge from eyes ; profuse watering ; eye-lids are injected ; glueing of eyelids in the morning ; mucus on cornea. Use externally Euphrasia θ diluted with 8 times of distilled water.

Stramonium 3.—Double vision.

Staphysagria 6.—Stye ; nodes on nasal bones.

Fluoric Acid 6.—Cold-blast-sensation inside the eyes.

Crotalus 3.—Eyes bleeding ; eyes yellow.

Pulsatilla 6.—Eyes water in cold or open places. Pulsatilla 30 is good for styes.

Rhus Tox 6.—Swelling of whole eyes and of the tissues around it (Pan-ophthalmitis) ; watery eyes ; eye-lids stiff and heavy.

Causticum 6.—Ptosis (or involuntary closure of upper lid).

Prunus Spinosa θ.—Painful eyes.

Argent Nitric 3.—Purulent or gummy eyes ; plays of serpent-like bodies before eyes.

Belladonna 6.—Photophobia (intolerance of light).

Cicuta 3.—Pupils dilated, cornea insensitive, eyes are squinting, letters go up or down, or disappear.

Cimicifuga 6.—Pain in the globe of the eyes. Continuous pain in ears and eyes. (Apply Cimicifuga θ. externally and internally Cimicifuga 3—6).

Natrum Mur. 30.—Profuse lachrymation.

Kali Sulph 6.—Purulent eyes.

Clematis 3.—Eyes dry, red and hot ; burning sensation inside ; aggravated by cold or at night.

Gelsemium 3.—Paralysis or spasm of eye-muscles.

Kali Carb 3.—Swelling over upper eyelids.

Platinum 6.—When things look smaller than they are.

OPHTHALMIA

Foreign bodies (dust, etc.) solar glare, cold, smoke or soot, trauma, depressed vitality, and attack of measles or of small-pox are the frequent *causes*. *Symptoms* are : Injection-like feeling in the white of the eye (cornea), discharge of tear or of pus, glueing of eyelids, collection of mucus, sensation of foreign-body inside the eyes, smarting, photophobia.

Treatment :

Ferrum Phos. 6x.—In mild cases. *Belladonna* 3x—Eyes bright red and very painful ; eyelids are swollen ; throbbing of temples ; photophobia ; cheeks flushed. *Alumina* 30.—Eyes dry. *Aurum Met.* 6.—caused by venereals. *Aconite* 3x-6.—Ophthalmia is due to rheumatism, gonorrhœa or cold (coryza) and is attended with fever. If Aconite fails and there is much pus, use

Rhus Tox. 6, *Merc. Cor.* 3.—Pus rapidly follows watery discharge, eye-lids get gummed, mucus collects and there is foreign-body-sensation inside the eyes; eyes feel hot and painful; pain on opening eyelids or moving the eyes; intense photophobia and smarting. Try *Hepar Sulphur* 6, after Merc. Cor. if ophthalmia is of syphilitic origin. *Apis Mel.* 30—Much purulent discharge; photophobia; swollen lids; itching or stinging sensation. *Euphrasia* 3x.—Used in all stages (if there is much pus or mucus, wash with Euphrasia θ m. x. in 1 oz. of water), injected eyes; photophobia; running from eyes and nose; repeated sneezing; small pimples appear on the white of the eye or around on the black portion. *Pulsatilla* 3-30.—In acute or chronic cases; in cases due to gonorrhœa. *Arg. Nitric.* 3-30.—Profuse discharge of pus (especially in children); in chronic cases with yellowish discharge but without pain. *Hepar Sulphur* 6-30.—In cases due to gonorrhœa. *Acid Nitric* 6-200.—Cases due to gonorrhœa or syphilis. *Sulphur* 6-200.—Inflammation of eyes; red ulcers around the pupils; stinging sensation; aggravation of pain on coming in contact with water; ophthalmia due to scrofula. If small pimples appear on the white of the eyes, take *Merc. Sol.* 6-30. If pimples appear on eye-lids due to ophthalmia, *Puls.* or *Sulphur* 30. If pus is discharged as the result of inflammation, *Arg. Nitric* 3-30. (If necessary drop into the eyes with a lotion made of Arg. Nitric θ m. ii to oz. of water).

Try also—Phosph. 6, Gels. 6, Calc. Iod. 6x, Calc. Carb. 6, Staphysagria 6, Ars. 6, Zincum 6. Keep the patient clean and on clean bed; clean the eyes with rose-water or Boric-acid-lotion (gr. viii to 1 oz. of water) alum-lotion (of the same strength). A few drops of fresh cabbage-leaf-juice mixed with honey may also the dropped into the eyes. Avoid cold application to the eyes and keep them under green shade or yellow shade.

PETECHIÆ IN CORNEA

As the result of violent coughing or of blows on the eyes bleeding may take place into the eye. The treatment of this condition is the application of Arnica-lotion (m. v of θ in ½ oz. water) and indigestion of Arnica 3-30.

AMBLYOPIA

This is an impairment of vision without obvious structural alteration in the eyes. It may be transient or persistent. Loss of blood. Diabetes, Hysteria, Uræmia, Malaria, too free use of tobacco, Santonine, Salicylate of soda, Opium, Canaabis Indica are said to be the causes.

Treatment :

If due to loss of blood or other fluids from the body, *China* 6-30 ; this falling, *Phosphorus* 6-30. If due to over-indulgence in narcotics, *Nux Vomica* 1x. If due to congestion, *Belladonna* 6-30. If due to want of menstrual flow, *Pulsatilla* 6-30. If due to heart-troubles, *Cicuta* 6. If due to violent headache, *Sanguinaria* 3. If eye-balls are tender, *Cimicifuga* 3. If the white of the eye is tender, *Spigelia* 6 or *Colocynth* 6. If due to congestion of head with nose-bleed, *Phosphorus* 6. If due to rheumatism, *Bryonia* 6. If due to poverty of blood, *Ferrum* 6, *Acid Phos.* 6, *Ars.* 30, *China* 6, *Euphrasia* 3x. If due to indigestion, *Nux Vomica* 30, *Pulsatilla* 30, *Merc.* 6, *China* 6, *Sulphur* 30, *Belladonna* 3.

Avoid dust, soot and glare and avoid straining the eyes. Improve the general health by suitable diets and good hygiene.

NIGHT-BLINDNESS

In this condition, patient is unable to see anything at night. Try *Physostigma* 3, *Nux Vomica* 3 (in liver (cases), *Helleborus Niger* 3-200, *China* 6, *Belladonna* 6, *Lycopodium* 30.

DAY-BLINDNESS

In this condition patient is unable to see at the daytime or in the glare of the sun. Try—*Bothrops* 6-30. *Silicea* 30, *Phosphorus* 6, *Sulphuric Acid* 6, *Bellodonna* 30.

PARTIAL SIGHT

If patient does not see the upper portions, *Aurum met.* 6 ; in case of right-half, *Lithium carb.* 6 ; in case of left-half, *Lycopodium* 6.

FATIGUE EYES

This condition generally requires *Calc. Carb.* 6 or *Natrum Mur.* 30 according to their indications.

SQUINT

In simple squint, Alumina 6. If due to worms, Spigelia 3 or Cina 3. Try also—Belladonna 3, Hyoscyamus 3, Gels. 3, Stramonium 3.

SHORT SIGHT

This requires Physostigma 3—6.

MUSCÆ VOLITANTES

This is the appearance of a transparent worms-like structure before the eyes, when the patient looks at the sky. It is the result of general weakness, the treatment of which condition cures the eye-defect. One may try as well—*China* 6, *Acid phos.* 30.

GLAUCOMA

What hydrocele is to the testicles that glaucoma is to the eyes. There is effusion of fluid into the eyes, bringing on their rapid destruction. This should never be treated by a lay-man. *Aconite* 6, *Argent. Nit.* 6, *Phosphorus* 6, *Belladonna* 6, *Gels.* 3, *Spigelia* 6, may be used with success.

IRITIS

This is an inflammation of the coloured curtain like substance behind the centre of the eye and is often due to tuberculosis or syphilis or trauma or rheumatism.

Photophobia, hazy vision, pain in the temples are the usual symptoms.

Treatment :

If due to trauma, *Arnica* 3 (also apply to eyes a lotion made of Arnica θ m. x and water 4 oz). If there is fever too, *Aconite* 3x. If brain is affected, *Arnica* 3 or *Belladonna* 3. *If due to rheumatism*, Bryonia, Spigelia or Euphrasia. *If due to gout*, Arsenic, Colocynth, Cocculus, Aur. *If due to Syphilis*, Kali Bichrom, Merc. Sol. Acid Phos. *If due to gonorrhœa*, Acid Phos., Merc. Sol., Arg. Nit. Thuja—all in their 6th potency.

HORDEOLUM, STYE

These are small pimples, inflammatory in nature, on the margins of eyelids. Weak health and exposure to cold are the common causes.

Pulsatilla 6-30 is the best medicine ; this failing, try *Hepar Sulphur* 6. If repeated styes appear or the healed ones become hardened, try *Sulphur* 30 or *Staphysagria* 6. Hordeolum of upper lid requires—*Merc.* 6, *Sulphur* 30, *Causticum* 6, *Alumina* 6. If of lower lid, take *Staphysagria* 6, *Phosphorus* 6, *Rhus Tox* 6. If they form in one corner of the eye, *Lyco.* 12 or *Stannum* 6. If they mature (form pus), *Hepar* 6, *Merc. Sol.* 6. Hot poultices should be frequently applied and when cured a little ghee is to be applied.

NICTITATION

If the spasmodic contraction is frequent. give pulsatilla 6 or Ignatia 6.

PTOSIS (Drooping of Eyelids)

This is an inability to raise the eyelid—exposing the eyes to dust, glare and soot. The eyes water and get red in consequence. Try *Gels.* 3-30.

ENTROPION or ECTROPION

If the margin of the eyelids curl inwards, it is called entropion ; if curled outward, ectropion. Both these cause irritation of the eyes even to the extent of pus formation, In ectropion, give *Apis* 6, or *Argent Nit.* 6, if eyelids are swollen and purulent ; give *Acid Nitric* 6, in syphilitic cases. And in all cases wash with *Hamamelis-lotion* of mother tincture made up with ten times of water. In Entropion, try *Cal: Carb.* 6, *Borax* 3, *Lycopodium* 30, *Snlphur* 30, *Mercurius* 3.

CATARACT

This is an opacity of the lens inside the eyes, as the result of trauma of senility. Try—*Succus Cineraria Maritima,* one drop to be instilled into the affected eye thrice a day for at least six months and at the same time take internally *Calcarea Fluorata* 12x (*trit*). If this fails, try *Cannabis Ind.* 3, *Fluoric Acid* 6, *Calcarea Phos.* 30, *Phosphorus* 30.

Some Eye-troubles and their Remedies :

Burning sensation inside the eyes—Bell. 3, Ars. 6, Sulphur 30.

Cold sensation inside the eyes—Phos. Acid. 6.

Heavy sensation of eyelids, inability to open eyes wide—Gels. 1x.

Swelling of eyelids—Apis 6, Rhus Tox 6.

Involuntary movements of eye-balls (nystagmus) or spasmodic contraction of eyelids—Agaricus 6, Puls. 3.

Itching of the eyes (foreign-body-sensation)—Sulphur 30, Puls. 3.

Watering of the eyes—Euphrasia 1x, Puls. 3.

Discharge of hot water from the eyes—Ars. 3x-30.

Bland lachrymation from eyes—Puls. 3-30.

Pain in the eyes—Natrum Mur. 12x (*trit.*)-30, Bryonia 6, Hepar Sulph. 6, Belladonna 3.

Neuralgia, Ciliary—Ars. 3, Gels, 1x-3, Spigelia 6-30.

Indrawn sensation of the eyes—Acid Phosp. 6, Croton 6.

Shooting out sensation of the eyes—Bryonia 6, Lycopodium 12.

Bruised feeling in the eyes—Arnica 3, Gels. 1x.

Pricking or cutting sensation of the eyes—Bryonia 3x-30, Acid Nitric 6.

Splinter-like sensation in the eyes—Acid Nitric 6, Hepar 6-30, Thuja 30.

Stinging sensation of the eyes—Apis 6.

Tearing sensation of the eyes—Puls. 3, Aur. Mur 6.

Throbbing sensation of the eyes—Belladonna 3, Hepar 6.

Stiff sensation of the eyes - Natrum Mur. 6, (*trit.*). 3x, Ruta 2x-6.

Nocturnal aggravation of eye-troubles—Ars. 6, Syphilinum 30.

Aggravation of disease on exposure to glare—Merc. 3.

Aggravation of disease on moving the eyes—Bryo. 3, Natrum Mur. 30, Arg. Nitr. 6.

Aggravation of disease on applying warmth to the eyes—Sulphur 30.

Relief on fomenting the eyes—Hepar 3.

Pupils dilated—Belladonna 6, Stram. 6.

Pupils contracted—Cina 3x-200, Opium 6, Physostigma 3.

Squinting—Santonine 2x, Belladonna 3, Gels. 3x, Hyoscyamus 6.

Colour-blindness—Benzinum-di-nitricum 3-30, Santonine 6x.

Day blindness—Bothrops 6.

Night-blindness—Belladonna 6, Nux Vom. 6-30, Physostigma 3.

Short-stght—Phosph. 6, Causticum 6, Tabacum 6.

Dim-sight—Phosph. 6, Tabacum 6, Causticum 6.

Green or red flare floating before eyes—Phosph. 6.

Yellow vision—Santonine 1x-3x.

Eyes tired on reading—Jaborandi 3, Natrum Ars. 3-30.

Running of letters into one another during reading—Natrum Mur. 30.

Mobility or disappearance of letters, on reading—Cicuta 3.

DISEASES OF THE EARS

The ear is divided into three portions—(*a*) external (*b*) middle and (*c*) internal. The external ear is concerned with focussing sounds and collecting them and consists of the pinna which stands out from the side of the head, the meatus or opening into the external auditory canal. This canal naturally secrets the bitter ear wax (cerumen) and at its farthest end it is stopped by a thin membrane, the ear-drum. On the other side of the drum is the middle ear in which lie three bones interlocked with each other for transmitting the vibrations sets up by sounds in the ear-drum. It is this middle ear, from which arises a narrow tube (eustachian tube) opening into the interior of the mouth. Beyond the middle ear situated inside the temporal bone is the internal ear. This internal ear is made up of a cochlea (conch-shell-like body) and three semi-circular canals placed at right angles to each other. These semi-circular canals are full of fluid and it is the level of fluid in them that enables us to maintain equilibrium of our body. The cochlea contains the final terminals of the nerve of hearing (auditory nerve) spread out like the keys of harmonium. Sound collected by the external ear vibrates the drum; the vibrations of the drum are transmitted by the bones of the middle ear to the fluid in the cochlea. This vibration of the fluid is picked up by the keys (organs of Corti) and transmitted to the brain as sound impulses.

OTITIS

It commences as an inflammation of the external ear, as the result usually of cold, and may extend to the middle of ear. The ear-canal swells, redness and throbs and may give rise to sympathetic fever and pus-formation. It should be treated early and well.

Treatment :

In the initial stage, when associated with headache and pain in the throat, take Belladonna 3x and apply fomentation by means of hot flannel. If due to catarrh, Puls. 3 ; but if the pain extends to the middle of ear and is associated with fever, Aconite 3x. In prickling or unbearable pain, Chamomilla 6. In throbbing pain at the root of ears with enlarged glands, Merc. Sol. 6. In chronic cases, Nitric Acid 6, Sulphur 30.

Keep the ears warm and apply dry warmth. Drop into the ear. Mullein-oil, Pulsatilla θ, or hot Mustard Oil.

OTALGIA

This is a neuralgic pain shooting right down to even the teeth. Cold, trauma, prickling into the ear, entrance of water into the ear, small boil or over-accumulation of ear-wax give rise to this kind of pain. This disease frequently follows measles or small-pox.

Treatment :

If due to cold or entrance of water, Aconite 3x. If due to gonorrhœa, Aconite 3x. In traumatic cases, Arnica 3. In stinging pains, Puls. 3x ; if due to catarrh Puls. 3x. If associated with toothache, Chamomilla 12 or Merc. Sol. 6.

If the pain is in the pinna of the ear, try, according to indication, Acon., Bell., Cham., Ferrum phosph., Merc., Puls., Sulphur, etc. If the pinna is always tender, Merc. 6. If the pain is stitching or boring, Capsicum 6. In burning sensation, Ars. 3. In darting and tearing pain, Puls. 3. In neuralgic pain, Cham. 6, or Bell. 3 In throbbing pain, Bell. 3. In stinging pain, Apis 6. In needle-thrust-like pain, Cham. 6 or Kali Carb. 6. In tearing pain, Bell. 3, Cham. 6, Puls. 3. In bursting pain, Arnica 3.

ABSCESS OF MEATUS

Small pimple-like boils form inside the meatus (or canal of ear) causing pain, swelling and redness locally and impairing the power of hearing.

Treatment :

Inflammation with throbbing pain ; Belladonna 3x, with external application of Belladonna θ. This failing, try Silicea 30. To hasten maturation, Hepar sulphur 6. When inflammation abates, Sulphur 30.

TINNITUS AURIUM

In this condition, secondary to debility or over accumulation of ear-wax, or other conditions, various kinds of noises are continually heard in the ear.

Treatment :

If the nose is humming or pealling or roaring, Acid Phosphoric 30. If the noise is roaring only in the morning and if there is itchiness, Nux Vomica—6—30 If the noise is rushing or humming, Chamomilla 6. In buzzing due to overuse of quinine, Acid Nitric 6 or China 200. If due to brain congestion, Bell. 6. If accompanied with vomiting, Verat. Alb. 3. In hissing noise, Digitalis 6. Noises in the ears, sometimes with deafness, Thiosinamine 3x-30.

PAROTITIS (Mumps)

This is an epidemic disease. usually affecting children and young adults. In it the gland in front of one or both ears swells, rendering the part hard, swollen and painful. Nausea, increase of pain in mastication or swallowing or moving the head are other usual symptoms. Heart-trouble, inflammation of testicles (orchitis) or of the female breast and head affections are the dangerous complications. The disease itself is a mild one and cures easily.

Aconite 3x-3.—Fever, thirst, restlessness, pain, especially in the acute stage and if the disease is due to cold.

Merc. Bin. Iod. 3x-3.—Useful when the disease is subacute and the fever is less and there is dribbling of saliva. *Puls.* 3x.—In mania of inflammation of testicle, following. *Bellad.* 3-30.—If the parotitis is on right side, the patient is delirious and the part is swollen and red. *Rhus Tox.* 3.—If the parotitis is on left side, the part is swollen and red and if the disease is caused by damp air during the pains. *Sulphur* 30.—If suppuration threatens. *Hepar Sulph.* 6-30.—In the final stage of the malady. *Silicea* 6-30.—If sinus forms. Apply locally an ointment made up of Bin-Iod. of Mercury gr. xv, and Vaselin 1 oz.

Diet :—Slops, as in all fevers. Milk and soup (fish, flesh or vegetables) are freely recommended.

OTORRHOEA

This is the result of fever or measles and is also found in scrofulous children. In adults, before deafness sets in, this disease makes its appearance.

Treatment :

A few drops of Mullein-Oil put into the ear, may cure. If too much fœtid pus is formed, *Aur. Met.* 6. If the patient is syphilitic and along with the pain and swelling in the back and below the ear, there is fœtid pus, *Acid Nitric* 6. In refrectory chronic cases—*Calc. Carb.* 6-30. If pus is thin and tinged with blood and is fœtid smelling, *Graphites* 6. If pus or watery discharge is without fœtor, *Puls.* 6. If there is acute pain and discharge is purulent or bloody-pus, *Merc. Sol.* 6. If there is external swelling and thin discharge issues from the ear, *Silicea* 30. If the ears are partially deaf (the partial and transitory deafness disappearing in the presence of violent noises) and if there are dry crusts inside the ear and thin pus escapes, *Silicea* 30. If pus is bloody and thin, *Graphites* 6. In chronic cases, try *Tellurium* 6. If when the pus dries up and deafness threatens, *Sulphur* 30, and *Phosphorus* 6 are recommended by many to be used alternately for a long time. Remember not to syringe out the ear with water and that long persistence of otorrhœa is damaging to hearing.

DEAFNESS

This may be (1) congenital—incurable deaf mutism ; (2) sequel of some grave acute disease ; or (3) caused by disease of the auditory nerves. The latter two are curable. A box on the ear has caused deafness.

Treatment :

In the early stages put Mullein-Oil into the ears, thrice a day. General debility, scrofula, inability to hear human voice, constant tinnitis, *Phosphorus* 30. Congestive tinnitus with headache, *Chininum Sulph.* 3x, (*trit.*). If excessive venery is the cause, *Acid Phos.* 6. Chronic otorrhœa and deafness, *Elaps* 6. Deafness with tonsillar trouble, *Calc. Phosph.* 3x. Patient hears his own voice reverberating inside his ears and his ear is dry, *Graphites* 6. Deafness following fever, *Graphites* 200.

Acute deafness due to cold and catarrh : *Aconite* 6, *Bell.* 6, or *Puls.* 6 ; and in chronic cases, *Merc.* 6. Deafness following fever or other ailments ; *Bellad.* 6, *Puls.* 6, *Silicea* 30, *China* 6, *Sulphur* 30, *Acid Phos.* 3. Deafness due to sudden stoppage of discharge from ulcer inside the ear : *Sulphur* 3, *Hepar Sulphur* 6, *Aur. Met.* 6, *Causticum* 6, *Antim Crude* 6.

Some principal ear-troubles and their remedies :

Acid Nitric 6.—Racking noise during chewing, difficult hearing.

Antim Crude 6.—Moist eruption behind the ears.

Baryta Carb. 6.—Hard of hearing ; inflammation of glands around the ears.

Belladonna 6.—Inability to hear high pitched notes.

Calcarea Carb. 6.—Purulent discharge, swelling of glands.

China 3.—Various sounds heard during attack of tinnitus.

Kali Bichrom 6 or Hepar Sulph. 6.—Sore-throat and stitching sensation in the ears.

Phytolacca 3x or Lachesis 6.—Pain in swallowing.

HARDNESS OF HEARING

Causes : Otitis, cold, otorrhœa, nervous debility.

Treatment :

Due to cold : Aconite 3x, Chamomilla 6, Puls. 3, Merc. 3. Due to otitis and associated with humming noise inside the ears : Bellad. 3, Causticum 6, Silicea 6, Sulphur 30. Due to otorrhœa or sudden suppuration of otorrhœa : Hepar Sulphur 30, Sulphur 30, Puls. 3, Merc. 6, Calcarea 6. Following upon measles etc. : Sulphur 30, Merc. 3, Carbo. Veg. 30. Due to nervous prostration ; Phosphoric Acid 1x-6, Phosphorus 6. Due to overuse of Mercury : Nitric Acid 6, Hepar Sulphur 6, Aur. Met. 3x (*trit.*)-200.

CERUMENOSIS (Excessive Ear-wax)

The nasal secretion inside our ears is called Cerumen or ear-wax. It may become hard and accumulate overmuch and cause irritation and all its train of symptoms.

Treatment

Pus and fœtid smell : Conium 3 or Carbo. Veg. 30. Ear is very dry, with little cerumenosis : Lachesis 6 or Muriatic Acid 6 or Graphites 6. If necessary put a few drops of Glycerine or warm Mustard oil and a little bicarbonate of soda and then swab out the wax—when all troubles will end. Do not syringe with water.

ECZEMA OF EAR

Take internally Rhus Tox 6, Mezereum 6-200, Graphites 6, Petroleum 3. May apply locally vaseline or olive oil.

DISEASES OF THE NOSE

RHINITIS

This is an inflammation of the lining of the nose. Try Aconite 3x, Bellad. 1x-3, Merc. 3. If pus forms, use Hepar Sulphur 6, Merc. 6 or Kali Bichrom. 3.

CORYZA

This is a running of the nose—due to congestion of its lining. Aconite 3x : Sneezing, feverishness, burning or raw sensation in the palate. Allium Cepa 1x-3 : Profuse acrid watery discharge. Ars. 3x : Blocking or stuffing of nose inspite of running therefrom. Puls. 3 : If the discharge is thick and pus-like (yellow). Nux Vom. 6 : Running has ceased, the nose feels tightened up, headache, constipation. Kali Bichrom. 3x (*trit.*)-3 : Thick greenish stringy discharge. Kali Carb. 6 : Fœtid discharge.

Some nose-troubles and their remedies :

Allium Cepa 6.—Profuse watery discharge ; sneezing on entering a warm room.

Ammon Carb. 6.—Stuffing of nose at night ; ulcer in nostrils ; bloody or mucous discharge ; tip of nose is red ; bleeding from nose early in the morning while washing the face.

Arg. Nitric. 6.—Itchiness of nose ; bleeding from nose on slightest provocation.

Arsenic 6.—Hot mucous discharge; stuffing of nostrils.

Sepia 30.—Chronic catarrh from nostrils, almost all the year round.

Teucrium 6.—Nasal obstruction, due to misfit of spectacle-bridge.

Aurum Met. 3x (trit.)-**30.**—Ulcer or itchiness of nostrils, with foul-swelling sanious discharges.

China 3x.—Constant itchiness of nostrils.

Euphrasia *θ*.—Profuse nasal secretion.

Hepar Sulphur 6 – Nasal ulcers.

Kali Bichrom 3.—Fœtid sticky mucous discharge; ulceration of nose; loss of sense of smell.

Mercurius 3.—Ulceration of nasal bone; sticky, greenish purulent discharge.

Nux Vomica 3.—Both nostrils are patent during the day but one of them becomes stuffed at night.

Pulsatilla 3.—Yellowish-green discharge; loss of taste and smell; a sense of suffocation in warm room.

OZAENA

As a result of injury, entering of foreign bodies or of inherited or acquired syphilis, ulceration takes place in the nasal bones or cartilages, producing even their destruction with attendant destruction of sense of smell. Foul-smelling purulent or sanious discharge occurs.

Treatment :

At the onset, *Cadmium Sulph* 3x (trit.)-30. Nose red, swollen and painful; heat inside nostrils; yellowish discharge or partly watery and partly purulent discharge: ***Aur. Met.*** 6. Tip of nose is red and painful on account of profuse discharge during acute stage ; thereafter sinking of the bridge of nose, with loss of sense of smell ; discharge of flesh-like shreds or of foul smelling, bloody pus : *Kali Bichrom* 6. If Syphilis (inherited or acquired) is the cause ; there is much inflammation and discharge of pus or purulent mucus : *Acid Nitric* 6. Much burning sensation ; discharge of profuse watery pus, frequent sneezing ; change of voice (chronic ulceration) : ***Arsenic*** 3-30.

Try also—Syphilinum 200, Iodium 3, Psorinum 30, Calcarea Carb. 30, Merc. 30, Alumina 6, Sanguinaria 1x-6. Puls. 6, Cyclamen 3-30, Aur. Met. 6-30. Wash out the nose with salt-solution (120 grs. to 1 pint of water) or with watery solution of Potassium Permanganate (gr. v to 1 pint).

EPISTAXIS

If nose-bleed is slight, treatment is hardly called for. It is usually from a smell vein in one nostril that the blood comes ; the blood may flow out forward or may trickle back into the throat, being then swallowed or spat out. The *cause* is injury, congestion of head, violent coughing or sneezing, sudden stoppage of bleeding from piles or of menses, etc.

Treatment :

Ferrum Iod. 3 (*trit.*) or Millefolium *0* are recommended. If large clots come out, Hamamelis 1x internally and a few drops of θ applied. Due to congestion of head—Aconite 3x, Belladonna 3x, Gels. 3x or Verat. Viride 3x. If due to anæmia and debility, China 3-30. Due to gangrene, Lachesis 6-30, Ars. 3-30. Due to sudden stoppage of menses or bleeding from piles, Pulse. 3, Hamamelis 3, Podophyllum 6 or Sulphur 30. Due to trauma of head or of nose, Arnica 3x. In intermittent bleeding, China 6, Carbo Veg. 30. Throbbing headache associated with epistaxis, Belladonna 3.

The patient should be placed in semi-recumbent posture, with his arms raised behind the head ; breathe through the mouth ; loosen all constriction of dress ; apply ice to nape of neck and over nostril ; do not wipe out the blood but simply blot it up.

NASHA FEVER

(Fever due to Nasal Polypi)

This is a condition in which the mucous membrane of the septum (or partition) of the nose becomes turgid and swollen. There is intense headache, or pain in the back of the neck ; fever and coryza are also present ; eyes are blood-shot and face flushed. Often this swollen mucous membrane may be advantageously pricked, to bring on bleeding with relief of almost all symptoms.

Treatment :

Belladonna 1x or Sanguinaria θ.—Recommended by may to be given alternately. Try also—Calc. Carb. 3, Mellilotus Alb. 3.

Cadmium Sulph. 3-30.—Discharge is fœtid and it is impossible to turn up the nose.

Phosphorus 3.—Bleeding on slightest touch ; discharge of yellow or greenish mucus.

Psorinum 30.—Chronic nasal catarrh, weakness, chilliness.

Formica Rufa 1x : For nasal tumours (polypus etc.). The above failing, try Thuja 30 internally and Thuja θ application locally, twice daily ; Teucrium 1x internally and θ locally.

DISEASES OF THE CIRCULATORY SYSTEM

Anatomical considerations : The chest-cavity is called thorax. If the front ribs are cut away, we will find filling up the greater portion of the chest, three organs—two lungs on either side and the heart in the centre. The *lungs* are full of air and their functions are to transfer oxygen from the air to the impure blood brought into the lungs thereby oxygenating or purifying the blood.

The *heart* is a hollow muscular bag, having two chambers on each side of it, right and left. The heart-muscles are endowed with property of rhythmically contracting, with sides contracting synchronously. The contractions produce sounds, which can be represented as : Lubb—Dupp—pause : the first sound (Lubb) is booming and somewhat prolonged ; the second sound (Dupp) is a sharp short thud ; there is a nominal pause between the two sounds but a distinct pause between the end of the second and commencement of the first sound

The right side of the heart receives impure or venous blood from every part of the body and sends it on to lungs to be charged with oxygen. The left side receives back the purified (or oxygen charged) blood from the lungs and sends the pure (or arterial) blood into every part of the body. The venous blood is dark in colour, the arterial scarlet. The venous blood obtained by cutting any of the blue-looking veins, does not spurt but trickles down or flows out ; the arterial blood obtained by opening an artery, issues in jerks or spurts—the spurt corresponding with the contractions of the heart, and is therefore rhythmical.

The points worth bearing in mind are :—(1) That the heart-sounds occur rhythmically and can be best heard by placing the ear or the chest-piece of the stethoscope near the left nipple. If the sound are not rhythmical or both are not heard distinctly, that is a disease. (2) That the push with which purified blood is sent into the arteries causes a rebound in their elastic walls, producing what is called the PULSE. A pulse is a measure to a very great extent of the condition and working power of the heart. (3) That arteries become smaller and smaller when they are called ARTERIOLES ; in them pulsation (or the elastic recoil of the walls of the arterioles, as the result of impact of blood squirted out with force by the heart may be continued ; ultimately, these arterioles divide and sub-divide into almost invisible branches which are called CAPILLARIES, because of their fineness. Here, there is no pulsation ; and here, the purified blood comes into contact with the body-cells and begins to become impure. This impure blood is gradually collected into bigger vessels called veins.

THE PULSE

The pulse is usually felt at the wrist by means of the index, middle and ring-fingers being simultaneously placed over it. The patient's arm and forearm must be free from any compression and the examining fingers are only to feel, not to press on the pulse. A normal pulse has these characteristics :—It is regular in *rhythm*, moderately full in *volume*, swelling slowly under the examining fingers, beating at the *rate* given below and is fairly *compressible*.

Abnormalities of the pulse : their significance and treatment.

Volume
- *Full* (=acute disease or plethora): Aconite Aurum, Bellad., Opium, Verat Viride
- *Small* (=anæmia, debility ;
  Thready (=extreme weakness of heart).
  Aurum, Cactus, Camphor θ, Cratægus θ, Digitalis, Spig, Gels., Hydro-acid., Lauro., Lach., Phosph., Acid mur., Acid. phos., Verat alb., Verat. virid., Ferrum met.

Compressibility
- *Hard* (=fever, inflammation, etc.) : Acon., Bell., Bryo., Hyoscyamus., Stram., Berberis, Chelidon., Antim. tart., Cantharis, Cactus, Cina, China, Digit., Hepar., Lachesis, Merc., Sulphur, Nux vomica, Phosph., Sepia, Silicea.
- *Soft* (=weak heart) Ars., Gels., Phosph., Verat. vir., Ferr. Phosph.

Rate

Quick (=fever or inflammation) : Aconite, Antim. Tart., Bell., Gels., Iberis, Lyco., Naja, Phosph., Digit., Cratægus ; (if pulse is quick only in the morning) ; Ars., Sulphur, (Slow) Camph., Cannabis Ind. 1x, Gels., Digit., (If pulse is alternately slow and quick) Gels., Digit.

Rhythm

Regular (=healthy).

Irregular (=heart disease) : Arnica, Ars., Aurum, Cactus, Cratægus, Digit., Hydrocyanic acid, Iberis, Lachesis, Lyco., Naja, Acid. Phosph., Natrum mur., Spig., Tabacum, Verat. vir.

Intermittent (=heart disease, digestive disturbance, abuse of tea, coffee or tobacco) : Carbo veg., Digit., Iberis, Merc., Secale, Lyco., Natrum Mur., Spig., Verat. vir., Cratægus θ. (If every 3rd, 4th, 5th or 6th beat intermits) Mur. Acid., Digitalis.

Tremulous Pulse (=patient is in extremes) : Ant-t., Calc. carb., Spigelia, Ars., Cicuta., Crotalus, Rhus tox., Sepia, Helleborus, Sabina, Bell., Gels.

Imperceptible Pulse (=patient dying) : Carbo veg., Cuprum, Verat. alb., Opium, Colchi., Secale, Merc., Naja, Ars., Silicea, Cantharis, Ipec., Tabac., Stram., Phosph. acid., Cactus.

Decrotic Pulse (=heart failing) ; Phosph., Stramo., Plumbum, Agar., Bell.

Aconite : Pulse quick, hard and bounding.

ARSENIC :—Pulse small, quick, thready ; intermittent.

Aurum met : Pulse quick, small, irregular.

Antim tart : *Audible* pulsation.

Acid mur : Pulse quick and small and intermits everv 3rd beat.

Baptisia : Compressible pulse.

Colchicum : Thready, tremulous pulse.

Crotalus : Thready pulse.

Gelsemium : Soft. small, fluttering pulse.

Glonoin : Hard pulse, every beat of which throbs inside the head.

Digitalis : Pulse small, irregular, intermittent, aggravated on standing up.

Secale : Pulse small, quick, intermittent, compressible.

Verat viride 2x : Pulse hard, full, slow ; or quick and thready.

Laurocerasus : Slow pulse.

Cratægus : Pulse quick, irregular, intermittent.

Phosphorus : Pulse full and hard.

HYPERTROPHY OF HEART

Anatomical considerations : The heart is a hollow muscular bag, of the size roughly of one's own fist. The rule with every muscular organ is that, if *graduated* exercise is taken, muscles *develop—i. e.* hypertrophy.

Such muscles increase in volume and strength and are capable of greater exertions within certain limits. If on the other hand, the exertions are *sudden and violent*, the muscle fibres become flaccid, weak and *overstretched*. Those who get hypertrophy, *i. e.*, an abnormal development of the heart-muscles acquire an abnormal condition in which the heart is yet capable of undergoing exertions within certain limits. Those who get dilatation have got a condition in which the heart-muscles are giving up.

Symptoms of Hypertrophy : The size of the heart is enlarged ; its action is more forcible, as found by putting the palm against the left nipple. Palpitation, sometimes a painful sensation in the region of the heart, hacking cough especially on exertion, getting out of breath on exertion, quick weak pulse—are some of the symptoms.

Treatment :

Avoid worry, muscular exertions beyond normal, and over eating or drinking. If the action of the heart is quickened and forcible, there is pain in the left side, difficulty in breathing : *Aconite* 3. Muscles of the heart are weak, dizziness, tendency, to faintness, palpitation and breathlessness on exertion, pain below sternum or breast-bone : *Digitalis* 3. Heart is dilated, pulse imperceptible, difficulty in breathing, makes talking and lying down difficult ; exhaustion ; sleepiness ; swelling of feet and ankles ; palpitation ; breast-pang : *Cactus* 1x. Those who use their arms for violent exertion habitually (like boat-men who row) and thereby get hypertrophy of heart and breast-pang : *Arnica* 6. Other medicines recommended : *Spigelia.* 6, *Ars.* 6.

ANGINA PECTORIS (Breast-Pang)

It is a more or less sudden attack of pain or oppression, originating in the region of the heart (behind the sternum or at the nipple), often extending down the arms (chiefly the left one), and in severe cases, attended by a sensation of impending death. Exertion, emotion of exposure to cold usually bring it on.

Treatment :

Pulse weak and irregular ; prostration, difficulty in breathing ; fear of impending death ; face dusky ; eyes sunk in sockets : *Ars.* 6-30. In full-blooded men, with sense of suffocation : *Aconite* 3x-30. Palpitation (felt like a lump in the throat), pulse full, sleeplessness, restlessness : *Belladonna* 3. Repeated palpitation, fainting, restlessness, pulse weak : *Acid Hydro.* 3. Spasms of the heart-muscles, feeling of heart being under in iron-grip : *Cactus* 1x. Angina due to stomach derangement : *Nux vom.* 3x-30. Intense debility, quick pulse, difficulty in breathing, palpitation : *Cratægus* θ 5-10 drops a dose.

PALPITATION OF THE HEART

This is not a disease but a symptom. Ordinarily we do not feel the heart beating inside our breast. When we are painfully aware of this, that is called palpitation.

Cause : Nervous debility, plethora or sanguinous temperament, anxiety, fatiguing exertions, too much bodily discharges, fear, menstrual disturbance, indulgence, in intoxicating drugs, dyspepsia, flatulence, etc.

Treatment :

Try *Cratægus θ* before using any other drug—if pulse is quick and irregular, breathing difficult, tips of fingers cold, and anæmia and melancholia. This failing and especially if the liver is faulty try thrice daily, *Iberis θ*, 3 drops. Face flushed and hot ; extremities paralysed-like ; palpitation on slightest provocation ; feeling of the heart about to stop, *Aconite* 6. Pain in the region of heart, face flushed, headache, *Bell.* 3. Action of heart is now quick, now slow, feeling of its imminent stoppage while lying down, restlessness, palpitation due to fatiguing exertions or mental excitement, *Digitalis* 3-30. Feeling of the heart leaping up or its being gripped by walking or lying on left side, *Cactus* 3x. Difficulty of breathing with faintness pulse weak ; pricking sensation on left side of chest ; repeated sighs ; heart's action is now slow, now quick, *Lachesis* 30. Palpitation following exaltation, *Coffea* 6. If due to anger, *Chamomilla* 6. Due to fear, *Opium* 6. Due to indigestion, *Nux Vom.* 6, (for males) or *Puls.* 6 (for females). Due to debility (especially in the aged), *Aur. Met.* 6x-200. Due to nervous debility and accompanied with frequent urination, *Lachesis* 6-30. Pain or rheumatism of heart ; pain from heart radiating to hand or to spine, *Spigelia* 3. In pain in heart due to rheumatism or to smoking, *Kalmia Lat.* 3. Due to severe exertion, *Arnica* 3.

Associated with debility and anxiety; irregular circulations; pain in heart during inspiration, *Calcarea Phosph.* 12x (*trit.*).

Remove the causes enumerated above. Try hot foot-bath. Live quiet regular life in open air.

RHEUMATISM OF THE HEART

It is a very dangerous, and if neglected, incurable malady. The left side feels heavy and painful and makes it impossible to lie on that side. It may be associated with difficulty of breathing and weak, small pulse.

Treatment :

Cimicifuga 3x, *Ars.* 3x, *Rhus Tox.* 3, *Cratægus* 0.

SYNCOPE (Fainting)

Debility, bleeding, fear, sudden joy or grief may bring on complete or partial loss of consciousness for variable periods of time.

Treatment :

Let in fresh air—don't crowd around. Sprinkle cold water on the face. Keep lying down, the head low. If smelling-salt is handy, let him inhale it. When able to swallow give these, *Aconite* 2x or *Opium* 30, if due to fear or sudden mental excitement. Patient lies listless, *Amon Carb.* 6, *Nux Vom.* 30. Due to bleeding, *China* 6.

Debility and restlessness, *Ars.* 30. Body cold and covered with sweat and patient is prostrated, *Verat. Viride* 3x. Patient is weak and neurotic, *Nux moschata* 3x. Due to heart-trouble, *Digitalis* 6.

DISEASES OF THE ARTERIES

Arteries :—Inflammation of walls of arteries. In acute condition (often neglected), try *Aconite* in lower potencies. When it goes chronic, it leads to formation of calcareous deposits and of aneurism. In calcareous degeneration (called atheroma), the artery becomes tortuous, brittle and hard ; and such an artery according to its position may lead to apoplexy, inflammation of kidney, angina, gangrene, etc.

Treatment

As soon as possible try *Phosphorus* 3. This failing give *Venadium* 6-12. If there is difficulty of breathing try *Aurum* 6 ; if there is gangrene, *Secale* 3, *Ferrum Phosph.* 3x or *Lachesis* 6. Try also *Plumbum* 6.

Aneurism : It is a circumscribed dilatation of an artery, the consequence of disease or injury to its wall. The symptoms vary with the size and position of the artery affected. It pulsates and communicates a thrill to the examining palm, so long as the blood inside does not clot. As this time, the pulsation can be stopped by compressing the vessel above and augmented by pressing the vessel below the seat of the aneurism. Syphilis, alcohol, rheumatism, over-exertion are the ususl causes.

Treatment :

Baryta Carb. 3x (gr. v.), *Ars. Iod.* 3x., *Calc. Phosph.* 2x., *Kali Iod.* θ, *Cratœgus* θ.

Keep the patient lying down free and easy in mind and restrict his fluid intake to only a few ounces.

DISEASES OF THE VEINS

Plebitish :—This is an inflammation of a vein. It is the result of injury to a vein, septic wounds, erysipelas, pus infection, inflammation of adjoining bone or inflammation of organs like lungs, heart, etc., in which the veins lies embeded.

Treatment :

In acute cases, *Hamamelis* θ locally, diluted with 8 times of water. If it is the sequel of delivery, apply *Hamamelis* θ lotion and give internally *Puls.* 3. If due to long marches or to injury, give *Aconite* 3 internally and apply *Arnica* θ lotion (in 20 times its volume of water). If due to blood-poisoning, *Ars.* 6, *Lachesis* 30, *Pyrogen* 6. internally and apply *Lachesis* 6 diluted with 4 times of water.

Varicose Veins, Varicocele :—On account of continuous or oft-repeated strain, veins occupying unsupported parts of body (as those of anus, testicle, legs, etc.) become tortuous and distended. This is called varicose condition of the veins.

Treatment :

In acute cases, *Hamamelis θ* internally and *Hamamelis-lotion* (in 8 times of water) locally. In chronic cases, *Fluoric Acid* 3. If very painful, *Puls.* 3. Try—*Ferrum Phosph.* 6x (*trit.*), *Plumbum* 6, *Arnica* 3, *Ars.* 6, *Lachesis* 30, *Bell.* 3, *Formica* 3x, *Sulphur* 30.

Apply elastic rubber or crepe velpeau bandage.

EMBOLISM, THROMBOSIS

If a fragment of blood clot or portion of any tissue (called an *embolus*) passes into the circulation, it travels until it reaches some parts which is too narrow to allow its passage. There it sticks and obstructs the circulation, causing local bleeding and impirment of function, while if it is charged with septic matter, an abscess will result.

If blood is confined to a certain part of a vessel or the inner wall of a vessel is diseased, blood begins to clot locally. The clot thus formed is called *thrombus.*

Thrombosis and embolism give rise to apoplexy (if inside brain), to St. Vitus' Dance, to gangrene (if at the extremities) or to sudden difficulty of breathing (if inside the heart).

Treatment :

Calc. Ars. 6x (*trit.*), *Apis* 3, *Opium* 3x-30, *Kali Mur.* 3.

GOITRE

It is a non-inflammatory enlargement and degeneration of the thyroid gland, caused probably by an infections agent. The chemical character of the water-supply (excess of magnesium, lime-stone), nature of the food and geological peculiarity of the locality have only a secondary influence on the disease.

Treatment :

Try for one weak, *Thyroidin* 3x, twice daily. In acute cases while the gland is soft, *Iodium θ* is to be applied locally. In slight cases, *Calcarea Carb.* 3x. In chronic cases. *Merc. Iod.* 6x. Other remedies recommended: *Spongia* 3, *Iodium* 6.

DISEASES OF THE RESPIRATORY SYSTEM

Anatomy : The organs comprising the respiratory system are: Nose, throat, wind-pipe (bronchi) and lungs. The nose is the passage carrying pure air from outside to lungs, *via* the wind-pipes and carrying impure air from lungs to outside. The lung air-passage (nostrils and wind-pipe) is designed not only to carry air in and out but also to warm it during its passage. The WIND-PIPE begins at the back of the tongue, where it is called *Pharynx* ; the portion of it that we see in front of the neck is called *Larynx* it its upper part, and *Trachea* in its lower part. Where it enters the lungs, it is called *Bronchus* and the minute ramifications of the Bronchus inside each lung are called *Bronchioles.* The lungs are like a pair of bellows, being made up of air-cells. The air that we inhale (inspire) parts with its oxygen to the blood, brought to it from right side of the heart thereby purifying it. As soon as this is done, the lungs contract and expel the air, ladden this time with carbonic acid gas, imparted to it (air) by the blood brought from the heart. This expelled air (expiration) is deficient in oxygen but is full of carbonic acid and is therefore poisonous to any one who cares to inhale it.

General Remark : It has been said that cold is responsible for half the ills, which flesh is heir to. Cold directly produces very few diseases ; but by lowering the vitality of tissues, it indirectly produces many of them. Diseases caused by germs are especially helped forward by exposure to cold,—such as, catarrh, influenza, pneumonia, dysentery, sore-throat, nasal ulcer, jaundice, diarrhœa, tonsillitis, whooping cough pleurisy, etc.

ACUTE CATARRH

Cold may affect the nose and cause running from it ; it may affect the nose and throat and be associated with fever. The picture of a common attack of cold is this : after some preliminary loss of appetite and feeling of out-of-sorts, the eyes become congested and begin to water ; the nose runs ; the soft palate smarts ; the throat gets dry or trickled and there is a constant desire to hawk or spit or swallow ; the voice becomes hoarse : headache, vertigo, slight rise of temperature, pain all over the body are the other symptoms.

Treatment :

Spt. Camphor (in early stage)—Slight chill and feverishness ; yawning ; a desire to stretch the limbs ; burning sensation in the eyes that water ; hot breath ; sneezing ; dry skin ; headache ; intense thirst ; cold, due to exposure to cold wind ; thin discharges. *Bryonia* 3x, 6, 30—Burning sensation in and inflammation of mucous membrane and wind-pipe ; hawking cough with scanty phlegm ; nostrils feel stuffed up ; running from eyes ; deranged stomach ; stitching pain in the sides. *Nux Vomica* 3.—Blocking of one nostril at night. *Gelsemium* 3x.—Fever ushered in with a cold shiver along the spine ; heat in the head precedes fever ; thirst, headache, flushed face, watery eyes : pulse full and quick ; pain in throat voice hoarse ; cough. *Ars. Alb.* 3x-6.—Profuse hot, acrid discharges ; frequent sneezing ; watering eyes ; much malaise ; sleepiness ; affection simultaneously of eyes, nose and throat. *Puls.* 3, 6, 30 (useful when phlegm is purulent) :—Fœtid discharges from nose ; intense pain in ear and side of head ; heaviness of head ; hot breath ; aggravation of troubles at night ; loss of taste, smell and sensations. *Merc.* 6 :—Pain and ulceration in nose and throat ; sneezing ; thick, yellow, purulent discharges ; alternate chill and heat ; inflammation of the eyes ; enlargement of neck-glands : aggravation of disease at night. *Ipecac* 3x-6. Frequent sneezing ; profuse mucous discharge, with nausea or vomiting. *Allium Cepa* 1x-6 :—Frequent sneezing ; profuse watery discharge coming out in drops from the nose ; burning sensation of lips, as if they were raw. *Kali Bichrom* 6 :—Phlegm is thick and purulent, voice hoarse, stringy mucus, pain in throat. *Natrum Mur.* 30 :—Watery discharge from nose ; appearance of vesicles on body. *Calcarea Carb.* 30 :—Ulceration and mucous discharge from nostrils.

Studiously keep out of chill. Be warmly clad. Take a foot-bath before retiring. Take liquid diets when there is fever.

CHRONIC CATARRH

Causes : Repeated acute catarrhal attacks ; frequent inhalation of dust or irritating vapours ; syphilis.

Varieties : (1) Hypertrophic—in which the nasal mucous membrane becomes enlarged and blocks the nose and discharges thick, stringy mucous ; constant hawking to clear the throat, headaches ; deficient hearing ; and neuralgic pain—are the other accompaniments.

(2) Atrophic—in which the mucous membranes become wasted and there occurs fœtid bloody discharge, scabs, and loss of sensation of smell.

Treatment :

Pulsatilla 6-30.—Due to the repeated attacks of acute catarrh ; discharge is thick, yellow or green and sometime fœtid ; loss of sense of taste and smell ; aggravation in warm rooms, in the evening and amelioration in cold open places.

Kali Sulph. 3-12.—If pulsatilla fails ; or, after its use rattling of throat.

Lycopodium 3. (in atrophic variety).—Nostrils get blocked at night and patient has to breathe through the mouth.

Sticta 1x-3.—Blocking of nose ; frontal headache ; nostrils dry and scabbed ; dry cough (increased during inspiration), constant blowing of nose, but in vain (atrophic variety).

Kali Bicrom 1x-6 (its action is more powerful than that of Sticta)—Thick, *stringy* mucous discharge from nostrils ; sense of constriction at the root of nose ; ulcer or scabbing of nostrils ; fœtid smell in breath (whether patient be syphilitic or not).

Kali Iod. θ-30. (Same indications as Kali Bichrom—only, more suitable to syphilitic cases)—Ulceration and fœtid, yellow or greenish-black discharge from nostrils ; abuse of mercury.

Ars. Met. 6x-200 (in syphilitic cases, with progressive destruction of nose)—Nose ulcerated or scabbed ; constant blocking of nose ; thick fœtid discharge ; destruction of nasal bone ; patient is melancholy and inclined to commit suicide ; abuse of mercury or of Kali Iod.

Try also :—*Hepar Sulphur* 30 (blocking of nose on exposure to cold draught), *Calc. Carb.* 30, *Sulphur* 30, *Psorinum* 30, *Ars. Iod.* 6x, *Hydrastis* 6, *Acid Nitric* 30, *Phosphorus* 6, *Sepia* 30, *Nux* 30, *Merc. Proto.* 3x (*trit.*), *Silicea* 30.

ACUTE LARYNGITIS

This is an inflammation of the mocous membrane of the wind-pipe.

Causes :—Exposure to cold and wet, smoking forcible use of voice for sometime or repeatedly, living in damp, foul-smelling quarters, etc.

Symptoms :—Burning or itching sensation in throat, thick, stringy, mucous discharge, barking cough, hoarse voice, fever, thirst, loss of appetite, etc.

Treatment :

Aconite 3x—Dry cough on exposure to cold draught, fever, anxiety, restlessness, pain in throat, sense of suffocation. *Belladonna* 3—High temperature with burning-hot skin, barking cough, somnolence, twitching, flushed face, dilated or contracted pupils, pain in throat, delirium, sweating in covered parts. According to indications, use Aconite or Belladonna every half an hour for 6 hours. If no result follows, try :—*Spongia* 3x—Dry barking cough ; hoarse voice ; sensation of foreign body in throat, difficulty in breathing, aggravation of symptoms before midnight. *Kali Bi.* 3x-6 (*trit.*)—Viscid, yellow, stringy mucus. *Hepar Sulphur* 6—Mucus loose but hoarseness of voice continues ; aggravation of symptoms on exposure to cold wind and amelioration on getting warmth. *Phosphorus* 3—Hoarse voice, *Causticum* 3—Hoarse voice, pain in chest. The patient should keep to bed in a warm room and if necessary apply warm compress to throat.

Talking, smoking, wine-drinking are forbidden. Only warm slops should be taken.

CHRONIC LARYNGITIS

This is the result of repeated acute attacks or of loud singing or vociferation, etc. It leads to constant hawking or cough, hoarse voice or loss of voice, difficulty of breathing, etc.

Treatment :

Causticum 3-6 :—Hoarse voice ; hard cough—leading even to unconscious evacuations. *Argent Met.* 6x (*trit.*)-6—For professional singers and public speakers, professors, etc. *Arnica* 3—For clergymen and orators, etc. *Alumen* 6—For old people. *Selenium* 6—For hoarse voice in old men. *Drosera* 2x-6—Raw sensation inside the throat ; voice deep and unnatural, pain on speaking. *Kali Iod.* (5—10 gr.)—Chronic larrngitis in third stage of syphilis.

BRONCHITIS

This is an inflammation of those portions of the air-tube that ramify inside the lungs. When the larger tubes only are affected, the disease is called bronchitis ; when the finer branches mostly are involved, it is called capillary-bronchitis or broncho-pneumonia. This latter is much the worse of the two diseases and in the extreme very often proves fatal to the life. Both start with fever, cough, pain and sense of constriction of the chest. In the case of capillary-bronchitis, as the disease progresses the patient gets blue in the face and extremities, and signs of intense prostration and blood-poisoning (dry tongue, clammy sweat or dry skin, delirium, etc.) supervene. The cough is at first dry ; but later, it becomes moist, though the sputum is brought up with effort and is tenacious and viscid.

Treatment :

Aconite 3x :—Sense of irritation inside the throat, painful cough, and in temples on coughing. Use it at the very start. *Bell.* 6 (where Aconite fails) :—Dry cough, fever, headache, flushed face and red eyes : intolerance of light and sound, *Antim Tart.* 6-30 : — Fear of suffocation while coughing ; shreddy mucus ; wheezing sound in the chest, pain in loins, back and head ; palpitation ; the patient is a child or an old man. *Bryonia* 3x-30 :—In Bronchitis of large tubes, with painful cough, yellow or blood-streaked viscid sputum ; patient has to press his hands to chest on account of pain during coughing. *Kali Bichrom* 6, 12 :—Inflammation of larynx and bronchi (capillary) ; thick yellow mucus ; tongue dirty ; loss of appetite. *Ars. Alb.* 3, 12, 30 : —Scanty mucus ; asthma-like fit on lying down ; sleep is broken by cough ; sometimes liquid mucous discharge ; useful to the aged and the weak. *Carbo Veg.* 6, 12, 30 .— Extremities cold and blue ; intense prostration ; hoarse voce, profuse mucus. *Phosph.* 3 :—In broncho-pneumonia of children. *China* 6, 12, 30 :—Patient gets weak on account of profuse expectoration. *Ipecac* 3 :—Rattling of throat owing to accumulation of phlegm. *Causticum* 30 : —Hoarse voice. *Merc. Sol.* 6 :—Loose expectoration and sweating. *Ars. Iod.* 3x :—Fever, night-sweat, purulent expectoration, much prostration—all as in case of phthisis. *Sanguinaria* 3 :—Spasmodic cough ; sputum profuse or dry ; stabbing or burning pain in chest ; running from nose. *Hepar Sulphur* 6 :—Profuse expectoration, aggravation of cough on lying down or on entering a warm room.

Try also :—*Sulphur* 30, *Acid Nitric* 6, *Ammon Carb.* 3x, *Senega* 3, *Coninm* 3, *Hyoscyamus* 3.

Hot linseed poultice to the chest is often beneficial. Keep the patient in a warm but well ventilated room and if there is prostration, light nourishing liquid diet is essential.

PLEURISY

This is an inflammation of the covering (pleura) of the lungs and is often tubercular in nature, It is brought about by exposure to cold and is associated with fever and stitching pain on the side.

Treatment :

Aconite 3x :—Heat, thirst, chilliness and rheumatic pain. *Sulphur* 30 :—Aggravation of disease at night. *Bryo.* 3-30 :—Pain in the chest, aggravated by movements; dry cough ; yellow tongue ; bitter taste in the mouth ; constipation. *Cimicifuga* 6 :—Pain in the chest.

Try also :—*Ars.* 6-30, *Senega* 6x-30, *Arnica* 6, *Bacillinum* 200.

ASTHMA

It is a spasmodic affection of the respiratory apparatus, in which the chest is fixed in the position of full inspiration and the expiration is impeded. The spasms is reflex in nature—the source of irritation being either the nasal mucous membrane, or the alimentary tract, etc. It is most often hereditary. The attack comes on usually at night, in the midst of sleep, and the patient has to sit up and gasp for breath. He feels hot (even in mid-winter), breaks out into perpiration and has intense air-hunger. In some cases profuse expectoration occurs and the patient gets relief.

Treatment :

Blatta Orientalis θ**-3x** :—Should be used at commencement and especially in malarious cases. *Acid Hydrocyan* 3 :—In acute attacks. *Ipecac* 3x-6 :—Sense of constriction in chest ; quickened breathing ; rattling or wheezing noise ; chilliness ; blueness of whole body, especially of the face ; restlessness : nausea ; useless cough *Ars*. 3, 6, 12, 30 :—Difficulty of breathing on account of congestion of lungs ; wheezing, aggravated by movements ; burning sensation in chest and cold sweat ; when Ipecac has failed wholly or partially. *Lobelia* θ-3 :—(Cuts short an attack, given at the start). A sense of depression from chest to abdomen ; nausea or vomiting ; a sense of foreign body in the stomach. *Senega* θ :—(Give in 5—6 drops doses if Ipecac, Ars., or Lobelia have failed). Cough at first dry then attended with profuse expectoration and wheezing sound in the chest and pain or sense of constriction of chest ; constant cough with sense of suffocation ; rattling noise in the chest ; loss of voice ; aggravation of symptoms during rest or walking in open air ; amelioration of symptoms on breaking out of sweats or on lowering the head. *Aconite* 3-30 :—Anxiety with onset of spasm ; difficulty of breathing : slow cardiac action. *Cuprum Met.* 6 (in nervous Asthma) :—Fits and spasm ; vomiting follows spasm. *Kali Hydro.* 6 :—Repeated sneezing ; liquid mucus runs from the nose ; difficulty of breathing (Useful in rheumatic and syphilitic cases). *Nux Vomica* 6-30 :—Intense anxiety, pain behind breast-bones ; relief of spasm after profuse expectoration ; tongue coated deep yellow at the cessation of spasm ; constipation ; acidity. *Verate Viride* 3 :—Cold sweat on face ; nausea or vomiting ; spasmodic breathing. *Sulphur* 6-30 :—Chronic asthma of rheumatic or other constitutionally affected patients. *Bacillinum* 30, 200 :—Once a week ; suits certain constitution.

Try also :—*Natrum Sulph.* 3, *Kali Carb.* 6, *Bell.* 3x, *Ambra Grisea* 6x, *Drosera* 3x, *Hepar* 6, *Lachesis* 6, *Antim Tart.* 6, *Sambucus* 1x, *Lyco.* 12, *Spongia* 3.

An asthmatic may smoke stramonium cigarettes at the onset of a fit. He should bathe daily and never go to bed on full stomach. A change of climate or a change of scene is sometimes beneficial.

PNEUMONIA

It is an inflammation of a portion or the whole of lung-substance. Sometimes both the lungs are simultaneously affected. It is a very serious and often a fatal disease. It is a self-limited disease, the temperature falling gradually (or "by lysis") or very suddenly (or "by crisis") to below normal, on 3rd, 5th, 7th, 9th, 11th or 13th day of disease. Convalescence then begins. It is caused by germs (Pneumococcus bacillus) and is often complicated by meningitis, or pus in chest cavity (pyo-thorax). It is divided into three stages : 1st stage : Stage of congestion—when rusty-coloured, scanty, frothy expectoration occurs. Second stage : Stage of hepatization—it gives rise to viscid sputum, delirium, dry tongue and very quick weak pulse. During the third stage : Stage of resolution—matters clear up. To those who know the use of the stethoscope, the chest is dull on percussion and gives rise to fine crepitations in the early stage ; to tubular breathing in the second stage and to "redux crepitation" (coarse ones) during the third stage.

Treatment :

Aconite 3x-6—Fever in the early stage ; catarrh ; malaise restlessness ; pain in the shoulders or in the chest ; slight cough ; aggravation in the afternoon. *Phosphorus* 6-30—Constant hacking cough ; intense pain in chest ; yellow, rusty or greenish sputum ; quick pulse, fine crepitation-sounds in the chest ; broncho-pneumonia of children. *Hepar Sulphur* 6—Sputum is purulent. *Bryonia* 6-30—Constant dry cough with scanty expectoration ; pressure or stitching sensation in chest ; increase of pain on coughing. *Hyoscyamus* 3—Cough and frightful dreams. *Cuprum* 6—In threatened paralysis. *Carbo Veg.* 30—Patient's body is bluish and the extremities are cold. *Verat. Vir.* 1x (during 1st stage)—Chest hot, heavy and painful ; chilliness ; painful repirations ; dry cough ; pulse full, hard and bounding. *Antim Tart.* 12—Laryngitis present ; tickling sensation in throat ; cough, wheezing ; profuse expectoration easily brought up ;

restlessness and anxiety ; face dusky ; congestion of brain, *Gels.* 3x-6—Right lung affected ; pain in liver-region ; difficult respiration ; yellow sticky stools. *Sulphur* 6-30—In the early stage of the disease or before pus forms.

Try also—*Iod.* 6, *Kali Mur.* 12x (*trit.*). *Chelidonium* 3, *Ferr. Phos.* 12x (*trit.*), *Ars.* 3, *Sanguinaria* 1, *Senega* 1x-30.

The gatient must be kept recumbent, his room well-ventilated, care being taken to prevent cold draughts. Poultices are out of date and useless. It is of primary importance to keep up the patient's strength ; for this purpose, one can use meat-broths if necessary.

COUGH

Cough is not a disease but a symptom. It may be often present, with the irritation of wind-pipe, throat, liver, stomach, intestines or with colds. It may be accompanied with discharges (expectoration). In *phthisis* there are, in addition, wasting fever, pain in chest and bloody sputum or purulent expectoration ; in *asthma*, the cough commences suddenly at night and abates after profuse expectoration ; in *pneumonia*, the cough is attended at first with rusty, then with very viscid sputum ; in *whooping cough*, it is in paroxysms ; in laryngitis, it is brazen in character. A kind of dry cough attends the cases of *measles*.

Treatment :

Aconite 3—Anxiety, headache, constipation, amelioration of cough on lying down and aggravation on lying on a side ; stabbing pain in chest on coughing ; cough excited by could blast ; dry cough. *Ipecac* 3x—Repeated sneezing, difficult respiration, spasmodic and suffocating cough ; tickling sensation in throat ; wheezing noise with sore-throat or rattling noise from accumulation of phlegm ; nausea or vomiting ; pain in naved at the time of coughing. *Cina* 3—Cough dry or at times accompanied with expectoration ; burning sensation in nostrils ; sudden startings on account of worms. *Sulphur* 3-30—Chronic or dry cough at night. *Calcarea Carb*. 6—Dry cough at bed-time. *Lachesis* 6—Cough aggravated on waking up. *Sanguinaria Nit* 6—Constant cough following tickling sensation in nostrils. *Gels*. 3—Violent cough with pain in chest or throat, with hoarse or lost voice. *Bellad*. 3—Dry cough with spasm or choking ; chold helps to moisten the cough and brings up shreds of phlegm ; inflammation of larynx ; hard, quick pulse ; bright eyes ; flushed face, ache and cnngestion of head ; dry cough at night ; relief in cold air ; pain in chest. *Acid Nitric* 3-30—Dry cough, debility, melancholy, headache, loss of appetite, pain in stomach, heaviness at pit of stomach after meal, rise of temperature at night, sweating insomnia, pain behind breast-bone, constipation (chronic cough). *Antim Tart*. 6-30 Dry cough with hoarse voice ; rattling of throat and expulsion of liquid mucus with difficulty, vomiting of food owing to cough following eating ; yawning at intervals between cough. *Bryonia* 6, 12, 30 – Stitching or tearing pain in head, chest and side from coughing ; pain in chest ; whole body convulsed from coughing ; aggravation of cough in morning or evening or from exposure to cold draughts ; dry cough with occasional blood-tinged thin expectoration ; aggravation of cough after eating or drinking or on entering a cold place from a warm one. *Rumex* 6—Constant dry cough convulsing the body aggravation on lying down, or at 10 A. M. or at night or on exposure to cold air ; relief on covering up the body from head to foot. *Sticta* 6-12 :—Constant painless cough ; whooping cough ; aggravation at night or following exhaustion. *Manganum Acet.* 6-30—Abatement of cough on lying down ; loss of voice. *Drosera* 3x—Aggravation of cough at night with belching and vomiting ; blood-tinged sputum ; occasional spasms of cough ; patient has to sit up to keep down fits of cough. *Arnica* 3—Dry cough ; cough with blood ; stitching pain in side. *Ars. Alb.* 2x, 6, 12, 30—Suffocating cough ; contraction of chest ; restlessness ; thirst. *Causticum* 6-30—Dry brazen cough leading to unconscious evacuations—hoarse voice ; aggravation when patient goes into a warm bed ; abatement after cold drinks ; patient can bring his phlegm just up the throat but is unable to cough is out. *Conium* 6-30—Dry cough with tickling sensation in throat ; aggravation on lying down, or on sitting up at night or on laughing ; cough is less in day-time. *Spongia* 2x-6—Dry cough with suffocation and pain in chest, hoarse voice ; difficulty of breathing from spasm of wind-pipe ; amelioration after eating or drinking. *Hepar Sulphur* 6—Cough with chronic dyspepsia ; burning sensation in throat, hoarse voice, viscid sputum ; aggravation on exposure to cold wind ; sensation of foreign-body in throat with pain on swallowing. *Hyoscyamus* 6—Spasmodic nervous cough ; aggravation at night or on lying down ; amelioration on sitting up. *Ignatia* 6—Cough of hysterics ; cough disturbs night's rest ; spasm of wind-pipe ; aggravates throat-tickles. *Kali Bichrom* 6 — Blood brought up with cough ; dizziness of coughing ; aggravation after meals and on rising from bed in the morning. *Merc. Sol.* 6—Purulent sputum (chronic cough aggravation at night ; hoarse voice ; burning and pain in chest and throat ; diarrhœa ; vomiting of saltish mucus. *Nux Vomica* 6-30—Pain in stomach and head on coughing ; inflammation of larynx ; sputum viscid ; aggravated by food, movement, deep breathing or at early dawn ; sleep disturbed ; cough begins at midnight. *Phosp* 6—Dry cough with tickling of throat ; hoarse voice ; pain in chest ; frothy, purulent, saltish sputum ; rusty sputum ; aggravation on talking, laughing on reading. *Puls.* 6-30—Difficulty of breathing on account of accumulation of phlegm ; rattling noise in throat ; yellow, bitter sputum at day and dry cough at night or on lying down ; abates on coming out into the open air.

Try also—*Corallium Rubrum* 6, *Brom.* 6, *Ammon Carb.* 3x, *Allium Cepa* 6, *Iodium* 3x, *Lobelia* θ, *Senega* θ (five drops in a dose), *Stannum* 6.

HICCUP, HICCOUGH

Hiccup is due to spasmodic contraction of the diaphragm or midriff—the muscular partition between the chest and abdomen. This spasmodic contraction is most often reflex—from the stomach, liver, kidneys, etc. The heart rests immediately upon the diaphragm ; hence, repeated spasmodic contraction of it lead to repeated jerks upon the heart and therefore its exhaustion.

Hiccough (hiccup) therefore is of grave import, if associated with serious ailments or previous exhaustion. But hysterical hiccup or that found in children is not of much consequence.

Treatment :

Ginseng θ is used in all forms of hiccup. This failing try—*Nux Vomica* 3 (if hiccup occurs before meals) or *Cyclamen* 3 or *Cuprum* 6 or *Cuprum Ars.* 6—If associated with difficult breathing, nausea, eructations, and if hiccup abates after drinking water. *Cocculus* 6—Hiccup and eructations, stabbing pain. *Ignatia* 3 – Hiccup following food, drink and smoke. *Natrum Mur.* 6—Violent hiccup in malarious patients. *Cicuta* 6—Hiccup with sound. *Carbo Veg.* 30—Hiccup produced by movement. *Merc. Cor.* 6—Hiccup follows even small sips of water. *Lycopodium* 30—Tongue is at one time extruded at another drawn in.

For hiccup in cases of cholera—Bell., Cicuta, Hyoscyamus, Carbo Veg., Agnus, Puls., Staphysagria, Phosph., Ignatia, Sulphur, Dr. Salzer recommended (in 3-30 potencies) ;—Lycopod., Cuprum Acet., Cicuta, Bell., Nux Vom. (see our book on Cholera).

The water of green cocoanut or the kernel inside the stone of palm fruit are also recommended. The diet must be bland and liquid.

HOARSE VOICE AND APHONIA

Cold, catarrh, loud talking or singing may give rise to hoarse voice. Loss of voice due to interference with the due approximation and tension of the vocal cord is Aphonia. Laryngitis, tuberculosis, syphilis or new growths produce this later condition.

Treatment :

Due to catarrh : *Causticum* 6. Due to exposure to sun-shine : *Antim Crude* 6. Due to straining of voice : *Arnica* 3. Due to weakness : *Iodium* 6, *Phosph.* 6. If associated with menstruation : *Gels.* 3x. Due to hysteria : *Ignatia* 3x. Due to paralysis of vocal cord : *Oxalic Acid* 3 or *Phosph.* 3. If due to paralysis of the muscles of the vocal cord, these are the two chief remedies for Aphonia.

APHASIA

Aphasia is loss of power of speech due to any injury or disease of the external layer of the brain (which is composed of grey matters.)

Treatment :

Chenopodium 3x-30 is a capital remedy. If due to deafness, *Lyco.* 30. If able to utter words after much effort, *Stram.* 30. If due to abuse of mercury, *Aurum* 6, *Acid Nitric* 6. Try also : *Gels.* 30, *Kali Brom.* 30, *Anacardium* 30.

DISEASES OF THE ALIMENTARY SYSTEM

Anatomy :—The alimentary or Digestive System includes.

1. In the mouth—The teeth, Tongue, Tonsils, Salivary glands.
2. In the chest—The Œsophagus or Gullet.
3. In the abdomen: (1) The Stomach, (2) Small Intestines—divided into three parts—Duodenum, Jejunum & Ileum, (3) The large Intestines (divided into Cæcum and Vermiform Appendix, Ascending Colon, Transverse Colon, Descending Colon, Sigmoid Flexure, Rectum & Anus, (4) The liver and Gall-bladder, (5) Pancreas.

Of these the salivary glands secrete saliva for digestion of starchy foods, the smotach secretes pepsin and hydrochloric acid for the digestion of protide foods and milk; the pancreas secretes pancreatic juice for the digestion of protides, fats and starches; the gall-bladder supplies bile for the emulsification of fat; and the small intestines secretes Succus Entericus for the digestion of fats, protides, acids & starches.

STOMATITIS

This is an inflammation of the mucous lining of the mouth, accompanied occasionally with ulceration and pus-formation. The whole of the interior of the mouth looks red and swollen and emits foul odour; the gums, the palate, the tongue are all involved in the inflammation and ulceration.

Causes :—Digestive disturbance, eruptive fevers (especially measles), eating very hot food, want of oral toilets, abuse of sugar, lime or mercury, malnutrition, insanitary surrounding, blood-poisoning, etc.

Treatment :

Merc. 6—Bleeding from gums, ulcer inside the mouth. *Carbo Veg.* 6—Abuse of salt or mercury, bleeding from gums and fœtor in breath. *Ars.* 3—Feverishness, debility, burning sensation in the ulcers. *Acid Nitric* 6 or *Hepar Sulph.* 6—Due to abuse of mercury.

Try also—*Borax* 6x, *Sulphur* 30, *Psorinum* 200, *Helleborus* 6, *Kreosote* 6, *Natrum Mur.* 6, *Merc. Cor.* 6.

Rinse out the mouth with a solution of Borax. Avoid hot, saltish or greasy foods or drinks. Juice of fresh vegitable is valuable.

APHTHAE

This is a condition of sore-mouth due to uncleanliness, constipation, indigestion, syphilis, indigestion of mercury, etc.

Treatment :

Borax 6, *Merc.* 6 are valuable medicines, *Carbo Veg.* 6 is used where it is due to abuse of mercury. *Acid Nitric.* 6—Due to syphilis. Try also—*Natrum Mur.* 6, *Ars.* 6, *Antim Tart.* 6, *Aurum* 6, *Sulphur* 30.

Borated honey may be applied inside the mouth.

TOOTHACHE

Causes :—"Caries" or death and destruction of the enamel of the tooth, exposing the pulp of tooth to the action of cold or hot fluids or air and to the action of salt and sweet things on the dental nerves.

Treatment :

Plantago 3—Internally and *Plantago* 0 locally applied in every case. Pain on exposure to cold wind, relief on application of cold water, one sided affection, *Aconite* 3x Fœtid breath, constipation, carrious tooth, *Kreosote* 3. Stabbing pain in gums, throbbing at the root of some few teeth, pain is migratory, *Bell*. 1. Due to catarrh ; gum is not swollen ; on taking anything inside the mouth, a pressure-sensation on the tooth which is at once relieved spontaneously ; aggravation on eating or drinking anything hot or getting into warm bed or in the afternoon, *Puls*. 30. Pain in the evening ; tongue is coated white, *Antim Crude* 6. A feeling of elongation of the affected tooth, pain on pressing the tooth or on cold drinks and relief on taking warm drinks, pain radiates to temples at night, *Ars*. 6. Neuralgic toothache, feeling of loosened and elongated tooth ; swelling of gum and cheek ; aggravation on taking warm drink or on getting into warm bed, *Chamomilla* 6. Pain and bleeding from gums ; mouth dry but no thirst, pain on mastication, *Carbo Veg*. 12. Toothache due to worms or pregnancy, *Merc*. 6. Pain around the face, radiating right upto ears—tearing or stabbing in character ; aggravated at night ; profuse salivation, *Merc*. 3x (*trit*.). Pain on exposure to air ; feeling of elongation of teeth ; pain severe on left side ; feeling of cold in the teeth during eating, *Sulphur* 6. Due to abuse of mercury and attended with profuse salivation and bleeding from gums, *Acid Nitric* 6. Pain in worn out teeth, aggravated by cold water, and pain radiating to sound teeth : *Spigelia* 3. Relief of pain on contact with cold water : *Coffea* 3x. Tooth blackened in part or wholly ; sinus at the root of tooth, aching during menstrual period ; pain in tearing or gnawing in character or stitching pain radiating up to ears ; throbbing in the frontal region ; root swollen and white-looking ; aggravation after cold drinks : *Staphysagria* 3. Enamel is coated : *Calcarea fluor.* 12x (*trit.*). Aching on account of getting false tooth in the place of one extracted : *Arnica* 3x, *Staphysagria* θ or *Calendula* θ. Pain on exposure to cold wind or pain caused by working in water : *Calc. Carb.* 6. Feeling of teeth becoming elongated or reduced : *Rhus tox.* 3. Toothache following cough or alcoholic drinks : *Nux Vomica* 30. Pain unbearable ; or health broken down : *China.* Feeling of looseness and elongation ot teeth ; increase of pain after smoking : *Bryonia* 3. Aggravation of pain while one sits quite : *Magnesia Carb.* 6.

Try also—*Nux Moschata* 1x, *Ignatia* 6, *Hyoscyamus* 6, *Hepar Sulphur* 6, *Magnesia Phosph.* 3x (*trit.*) in hot water, *Phosph.* 6, *Lachesis* 6, *Silicea* 30, *Dulcamara* 3. In toothache due to exposure to cold winter wind : *Aconite* 3x, *Bell.* 3, *Chamo.* 6. Due to exposure to moist wind during the rainy season : *Dulcamara* 6, *Merc.* 3, *Nux Mosch.* 2x. In toothache of rheumatics : *Bryonia* 3, *Merc.* 3, *Ars.* 6. Due to hollowing out of substance of tooth (as the result of caries) : *Kreosote* 6, *Merc.* 3, *Antim Crude* 6, *Silicea* 30, *Chamomilla* 6, *Euphorbia* 3x. In neuralgic toothache : *Chamomilla* 6, *Ars.* 30, *Plantago* θ. Pain is aggravated on exposure to cold : *Aconite* 3x, *Arsenic* 30, *Rhododendron* 3x. Pain aggravated after hot drink or food : *Chamomilla* 6, *Bryo.* 3, *Antim Crude* 6. Relief on warm application : *Magnes. Phosph.* 3x (*trit.*).

It is wrong to neglect regular toilet on teeth, powdered chalk or the ash of burnt betel-nut or myrobalan, with or without powdered cinnanmon as also camphor. It is wrong to use alum. If it is necessary to remove foreign substances caught between the teeth or gums, use wooden or similar soft tooth-picks. During acute attack of pain, relief may be obtained by putting in a drop of pure choloroform or spirit or Tinct. Iodine or Kreosote or Carbolic Acid or oil of cloves or peppermint. Get rid of dyspepsia if you want to keep your teeth sound.

DISEASES OF THE TONGUE

Although the tongue is a mirror of the condition of the alimentary tract, it is possible for diseases of the tongue to occur without corresponding trouble elsewhere in the alimentary canal.

Treatment :

In Malignant Tumour of Tongue :—*Kali Cyanatum* 3x. Burning or acid sensation on tongue which is dry : *Alumen* 30. Tongue deep red and indented on sides with teeth-marks, *Hydrastis* 30. Tongue dry and cracked, *Bell.* 3. Tongue cracked medially, *Rhus Ven.* 3. Inflamed swollen tongue, *Aconite* 3. Tongue swollen and protruded out of mouth and is ulcerated, *Merc. Vivus* 3x-6. Glossitis (= inflammation of tongue) due to very hot drinks, *Cantharis* 3. Swelling of tongue (dropsy), *Apis* 3x. Glossitis due to trauma, *Arnica* 3. Glossitis due to stinging or biting by insects, *Natrum Mur.* 6. Paralysis of tongue, *Causticam* 6. Tongue swollen and stiff or unable to be moved, *Dulcamara* 3. Feeling of tongue being too big for the mouth and inability to talk, *Gels.* 3. Syphilitic troubles of tongue, *Fluoric Acid* 3. Painful pimples on tongue, making eating a task, *Merc. Bin-Iod.* 3 (*trit.*) Syphilitic ulceration of tongue, *Acid Nitric* 6, or *Hepar Sulph.* 30. If pus forms or gangrene threatens : *Hepar Sulph.* 6, *Anthraxinum* 6, *Acid Nitric* 6. Due to trauma : *Arnica* 3, *Conium* 6, *Rhus Tox* 6, *Sulphur* 30, *Merc.* 30, *Silicea* 6. Dr. Goodeve Chakravorty recommended an application of juice of betel-leaves mixed with ghee. Take bland diets that have no salt or spices in them.

SORE-THROAT

Catarrh, syphilis and strain on the voice are the usual cause of it. It starts as an inflammation of the back of the mouth (fauces), causing elongation of the uvula, enlargement of the tonsils, a tickling sensation in the throat, a constant desire to hawk and spit and in bad cases, difficulty in swallowing and even in breathing.

Treatment :

Acute sore-throat, temperature pretty high, pain in swallowing throat congested, eye sparkling, face flushed, headache, *Bell.* 3x-30. Throat slightly swollen and painful, bluish-red, sore, fœtid breath, *Merc. Sol.* 3. Sore-throat with high fever, *Acon.* 3x. Throat dry on waking up, a foreign body sensation in throat at the time of swallowing ; throat red or bluish, outside or throat is slightly swollen, *Lachesis* 6. Uvula enlarged, *Calc. Phosph* 6x *trit.*)-30 and *Kali Mur.* 6x (*trit.*). Pain in the throat on swallowing ; inflrmmation of soft palate ; purulent discharge from (chronic) ulcer, *Baryta Carb.* 6. Sore-throat due to hard use of voice, *Arnica* 3. Chronic sore-throat, *Calc. Phosph.* 12x (*trit.*).

Try also—*Ars.* 6, *Alumina* 6, *Phytolacca* θ—3. *Dulcamara* 6, *Causticum* 6, *Hepar Sulphur* 6, *Nitric Acid* 6, *Sulphur* 30, *Rhus Tox.* 6, *Merc. Iod.* 6x (*trit.*), *Argent. Nitric.* 6. It is as bad to expose the throat to cold as it is to keep the throat wrapped up to in flannel.

TONSILLITIS

Tonsils (one on each side of throat) are glands, situated at the root of the tongue. They get inflamed, there being bad teeth or unhealthy gums present in the mouth or from inhaling bad smells. This inflammation is attended with constitutional symptoms viz., fever, rigor, headache, pain in the joints, hoarse voice, salivation, difficulty in swallowing or even breathing. If neglected they may get ulcerated or even an abscess may form on them. If allowed to get chronic, they become enormously big and make breathing in effort.

Treatment :

(In acute cases). If right tonsil is inflamed, *Bell.* 3x ; if this fails, *Merc.* 3. If pus forms, *Hepar Sulphur* 6. If left tonsil is inflamed, *Lachesis* 6-30. In simple enlargement : *Calc. Iod.* 3, *Baryta Carb.* 6. A valuable remedy in chronic conditions where the tonsils are very much enlarged. *Baryta Mur.* 6, *Merc. Sol.* 6—Difficulty in swallowing and sensation of something sticking in them ; threatened suppuration or gangrene. *Calc. Phos.* 3—swelling is great ; urine is foul smelling and smoke-coloured, uvula enlarged. *Calc. Carb.* 6—Night sweat ; extremities cold and clammy. Try also—*Apis* 2, *Phytolacca* 3x, *Silicea* 6, *Sulphur* 30, *Ignatia* 6, *Kali Iod.* 3, *Thuja* 30 (if associated with vaccination), *Bacillinum* 30 (if there is history of phthisis in the family) and *Psorinum* 30. Gargle frequently with tepid water.

GASTRITIS

Tenderness at the pit of the stomach, great thirst for cold drinks which are not retained, heavy sensation in stomach, bad taste in the mouth, white or yellow fur on tongue, and depression are the main symptoms of acute cases. In chronic cases, a burning sensation in the stomach, acid or mucous vomit, tongue coated in the centre but clean and raw at the tip and edges, wind in the stomach, thirst, constipation, burning sensation in hands and feet ; scanty, high coloured urine. Free indulgence in hot spicy foods or drinks, ingestion of posisons, diseases of the liver or kidneys are the usual causes.

Treatment :

(In acute and chronic cases). Much burning sensation and thirst, pulse quick, *Ars.* 3x-6. Dirty tongue, belching of gas containing smell of food, *Antim. Crud.* 6. Uneasiness due to swelling of stomach, *Merc. Cor.* 6. Everything tastes bitter except water ; thirst ; chilliness ; pain in stomach : *Aconite* 3. Weakness and empty-feeling at the pit of stomach ; vomiting of blood, bile or mucus along with food : *Phosph.* 6. Much tenderness of stomach ; bitter taste in mouth ; nausea or vomiting : *Puls.* 6.

Try also—*Bell.* 6, *Cantharis* 6, *Comphor* θ, *Hyoscyum.* 6, *Bismuth* 6, *Millefolium* 1x, *Merc. Sol.* 30, *Bryonia* 30, *Hydrastis* 2x-6, *Nux Vomica* 30, *Sulph.* 30.

In gastric ulcer—*Ars.* 30, *Kali Bichrom.* 6, Kreosote 12, *Hydrastis* 2x-6.

HAEMATEMESIS

This is bringing up of blood from the stomach or liver and is found in those who drink hard or have ulcer or cancer of stomach or whose liver is cirrhosed or during the menstrual period in some women. Sometimes blood may be vomited up, without any apparent lesion being discoverable. The blood that is vomited up is like coffee-grounds in colour and is always mixed with food matter and is frequently associated with pain in abdomen and retching. (The blood brought up from lungs is bright-red, frothy and brought up with coughing).

Treatment :

Aconite 3x—Patient is plethoric ; face flushed ; pulse full ; palpitation ; restlessness ; fever ; pain in stomach. *Millefolium* 0-1x—Bright red blood brought up without effort. *Ipecac.* 3x-6—Nausea and vomiting ; saltish taste in mouth ; tongue moist ; short frequent coughs. *Hemamelis* 1—Pulse quick, tremulous ; blood brought up is brownish in colour and is brought up easily ; rumbling inside abdomen ; weakness. *Arnica Mont.* 3x—Vomiting of coagulated blood, aggravated by eating or drinking ; bleeding due to trauma or excessive exertions. *Ars.* 3x-30—Difficult breathing, face dusky, palpitation, burning sensation of skin, insatiable thirst, small quick pulse. *China* 3-30—Collapse following hæmatemesis.

Try also—*Phosphorus* 6, *Secale* 2x-3, *Crocus* 2x, *Bell.* 6, *Carbo Veg.* 30, *Nux Vom.* 6.

Absolute rest in the recumbent posture is essential. Stop all food by mouth for at least 24 hours. Apply ice to the abdomen.

DYSPEPSIA or INDIGESTION

It means—Difficulty or disorder of digestion. It is not a disease entity but a symptom which may be presented by many different pathological states so that we may speak of—alcoholic, atonic, catarrhal, climacteric, chlorotic, diabetic, duodenal, gastric, intestinal, nervous, pancreatic or uræmic dyspepsia, according to the cause or seat of the disturbance of functions which occasions the trouble. There is either anatomical change or hinderance to the process of digestion or pain and discomfort. There may be ulceration or wasting of mucous lining or dilatation of the stomach ; there may be obstruction to the flow of bile and pancreatic juice or to the pyloric outflow. Those who are constitutionally psoric are prone to dyspepsia ; in them there is relief of dyspepsia as soon as skin-troubles arise.

Treatment :

Nux Vomica 3x-30—Heaviness of stomach after meals ; heart-burn ; flatulence ; water-brash ; frequent vomiting of undigested food or bile ; acid or bitter taste in mouth ; drowsiness or lethargy after meals ; morning headache ; frequent ineffectual urgings for stools ; face yellowish ; dyspepsia due to abuse of tobacco, alcohol or strong medicine. *Natrum Mur.* 12x (*trit*)-30—Indigestion due to ingestion of much starchy food ; water-brash ; bitter taste in mouth ; heart-burn ; chilliness ; palpitation after meals ; anæmia ; constipation ; excessive venery. *Pulsatilla* 3—Heart-burn, nausea, dry and rough tongue, frequent liquid evacuations ; saltish; bitter or acid taste in mouth ; indigestion after fatty-food. *Abies Nigra* 3x—Continuous distressing sensation about the stomach ; sensation as of an undigested hard boiled egg in the stomach ; pain in stomach after food ; constipation ; indigestion in old man. *Natrum Phosph.* 3x-12 (*trit.*)—Acid eructation or vomits. *Acid Sulphuric* 3x-30 (a principal remedy)—Heart-burn, Acid eructations, acid vomit, sour smell in sweat, hiccup, fœtid blackish stools. *Ars.* 6—Burning sensation in stomach ; indigestion from abuse of ice and ice-cream etc. *Bryonia* 6—Sensation of heaviness in stomach after meals ; congestion ; headache ; lancinating pain stomach ; nausea ; bitter or acid taste in mouth ; summer diarrhœa, dyspepsia following abuse of Arsenic. *Lycopodium* 12, 30, 200—Frequent passing of flatus ; drowsiness during the active period of digestion ; flatulent distension of abdomen ; constipation ; rumbling of intestines on left side ; debility ; indigestion following hard study ; atonic or a-peptic dyspepsia. *Carbo Veg.* 3x (*trit.*)-30—Eructation ; flatulence ; heart-burn ; diarrhœa ; headache ; weakness ; dyspepsia of the aged and chronic dyspepsia [Tasteless water-brash or eructations with fœtid odour or with hot or bitter taste, with alternate diarrhœa and constipation—*Carbo Veg.* 3x (*trit.*) *Antim Crud.* 6—Indigestion, loss of appetite, heaviness at pit of stomach ; vomiting of mucus or bile ; foul smelling flatus discharge ; eructations, smelling of food ; alternate diarrhœa and constipation ; inflammation of urinary bladder (cystitis). *Phosphorus* 30—In chronic dyspepsia with acid eructations or vomit ; tongue coated white ; ravenous hunger. *China* 3x-200—Dyspepsia following malaria or chronic drinking habit, running on to cirrhosis of liver. *Merc. Sol.* 3 (*trit.*)-6 or *Actæa Racemosa* 6—Indigestion following long tea-habit. *Plumbum* 6-200—Dyspepsia following exposure to cold. *Arg. Nit.* 6-200 : Dyspepsia of anæmia, with eructations and pain in stomach. *Nux Mosch.* 2x-6—Dyspepsia due to suppression of skin-diseases. Weak digestion, especially in the aged. Can digest and craving for highly seasoned food. Nausea with great inclinations to sleep. Colic immediately after eating. *Hepar Sulphur* 6, 12—

Chronic dyspepsia with inability to digest anything. *Sulphur* 30—Acid belchings ; heaviness at pit of stomach ; drowsiness after meals ; swelling and ulcerations on lips and face. *Sulphur* 30 in the morning and *Nux* 30 at evening has, according to some authorities, cured many cases of dyspepsia. *Calc. Carb.* 6, 12, 30—Chronic dyspepsia with eructations, hyper-acidity of stomach ; acid vomit or belching. *Iodium* 6, *Petroleum* 6 have sometimes been useful.

Water-brash :—*Carbo Veg.* 3x (*trit.*), *Bryo.* 6, *Nux Vom.* 30, *Lyco.* 12.

Heart-burn :—*Calc. Carb.* 6, *Carbo Veg.* 6.

Foul-smelling eructation :—*Carbo Veg.* 6, *Sulph.* 30.

Acid eructation :—*Acid Sulph.* 3-6.

Dyspepsia from over-eating or aubse of—(1) Fatty food or too much water : *Puls.* 3-6. (2) White of an egg or wines, coffee or opium : *Nux Vom.* 3-30. (3) Milk : *Æthusa* 6. (4) Acid stuffs : *Antim Crud.* 6. (5) Salted fish or meat or butter : *Carbo Veg.* 6. (6) Ice or Ice-cream : *Ars.* 6. (7) Tea : *China* 6. (8) Carries : *Sepia* 6. (9) Table salt : *Phosph.* 6. (10) Water-melon, or polluted water : *Zincum* 3x-6. (11) Fruits in excess. *Ars.* 6. [If however the undigested fruits are passed out with burning pain of the abdomen, *China* 3.]

General Rules as to—

(1) **Diet** :—Eat only when hungry. Slowly masticate each mouthful and eat only as much as will satisfy hunger. Do not eat immediately before or after fatiguing exertions, sleep or heavy drink. Avoid—stale, unripe, over-ripe, half done food, rich food and excess of any kind of food—Avoid fatiguing exertions, night-keeping,

late dinners, sleeping immediately after meals or sleeping in the day-time ; avoid—tea, coffee, smoking tobacco or taking snuff ; avoid—taking ice or ice-creams at any time ; avoid drinking much fluid at or within four hours of a square meal ; do not take soda-bicarb or ærated waters or cold water or coconut water within 4 hours of a meal. Any drink in small sips at intervals is allowed after meals—but never should quantities of it be indulged in. Intelligently study which articles of diet disagree and eliminate them.

(2) Well-regulated and regularly taken exercises are the best means of cutting dyspepsia permanently, provided the above points are carefully attended to.

(3) Dadhi (curd) is a good anti-fermentative if taken in small quantities but gives rise to its own fermentation if taken in bulk or frequently.

(4) A change of climate to some healthy place is of great benefit.

NUASEA, VOMITING

Causes :—Over-eating or eating when one has no inclination for food ; injury to or diseases of brain, uterus or testicles ; early stage of pregnancy ; diseases of liver ; worms ; fainting fit hemicrania ; excessive rotations ; journey by boat.

Treatment .

Ipecac 3—Constant nausea owing to trouble in the alimentary canal ; salivation ; a sense of emptiness of stomach ; greenish or blackish or mucous vomit. *Robinia* 3, 6—Nausea ; acid or watery vomit. *Ars.* 3x, 12. 30—Vomiting due to ulceration in the stomach ; sense of heat or burning in the stomach and abdomen ; acid vomit after meals ; occasional nausea with prostration. *Antim Crud.* 6—Weight in the stomach ; tongue coated white ; loss of appetite ; nausea. *Apomorphia* 3—Sudden vomiting without previous nausea ; vomit of drunkards or opium-eaters. *Iris Vers.* 6—Vomiting of food or bile ; headache and belching. *Kreysote* 6—Vomit due to phthisis, diseases of liver or kidney ; pregnancy or morning sickness. *Arnica* 3—Due to brain-injury. *Cocculus* 6, *Petroleum* 6, *Kali Phos.* 12x (*trit.*), *Natrum Phos.* 12x (*trit.*)—Due to boarding steamer or boat or riding in carriages. *Ipecac* 3x, *Cocculus* 6, *Millefolium* 1x, *Hamamelis* 1, *Kreosote* 6—Blood-vomit. *Iris Vers.* 3, *Podo.* 6, *Bryo.* 6, *Merc. Sol.* 6—Bilious vomit. Nausea stops after vomiting—*Antim Tart.* 6.

It is the best to secure rest to the stomach under all circumstances. Sipping very hot water or lump of ice checks vomiting. When diet is at all tolerated, a very thin barley-gruel with a little salt (no sugar) or cocoanut-water, which latter is the best, is recommended as the first diet. When these are tolerated, thin milk-whey or curd, whey or soup or tea may be allowed. Thereafter fried or puffed rice (khai or cheera) rendered pultaceous by soaking in warm water and strained through muslin, may be allowed with sugar or salt to taste.

GASTRALGIA (Pain in Stomach)

It commences with a tearing pain after meals, followed by acid or bitter belchings and is relieved by vomiting.

Treatment :

Nux Vomica 6-30 : Pain after meals in the stomrch or on sides of abdomen ; nausea or vomiting with spasms ; headache ; constipation ; flatulence ; lassitude. *Ars.* 6-30 : Vomiting after food or drink ; stabbing sensation in stomach ; restlessness ; weakness ; aggravation at night. *Magnesia Phosph.* 3x (*trit.*). in hot water] : Intense pain in abdomen. *Chamomilla* 6, 12 : Sense of pressure and pain in stomach at night ; bitter or acid vomiting. *Colocynth* 6 : Sensation of goneness and burning in stomach at night ; yellow bitter vomit ; flatulence.

Try also—*Acid Hydro.* 6, *Dioscorea* θ-30, *Cocculus* 6, *Carbo Veg.* 30.

ENTERITIS

This is an acute inflammation of the small intestines usually-found in children. It comes on with fever and rigor, cramps around the navel, the intestines being tender to pressure ; the pain becomes so acute that the patient is afraid to move, lies on his back with legs drawn up. Appetite is lost, bowels are very constipated or watery motions occur, nausea and flatulence are found.

Treatment :

To bring down fever and inflammation : *Acon.* 3x. Fever, inflammation, rigor, flushed face, headache, watery evacutations : *Bell.* 6. Agonising pain around navel, much prostration, much thirst, relieved by small sips : *Ars.* 3x-6. Bloody mucous stools passed with much straining : *Merc. Cor.* 6. Pain in the rectum, frequent urging to stools, much flatulent distention of abdomen ; griping pain around navel, pain all over abdomen ; nausea : *Colocynth.* 6. Simple enteritis with variegated motions, aggravation in the morning, yellow colouration of whole body, flatulent distention : *Podophyllum* 6. Give *Magnesia Phosph.* 2x (*trit.*) in hot water to relieve pain.

Absolute rest, warm application to abdomen, hot water or barley-gruel (thin) or cocoanut-water for drink and food.

COLIC

Colic means—a spasmodic pain originating in a hollow viscus. We have **Intestinal Colic**—caused by over-distension of some part of the intestines usually associated with flatulence and constipation. It is due to acute indigestion and the pain is griping, tearing or twitching ; it shifts about and is relieved by deep pressure. There is no rise of temperature or of pulse rate ; vomiting or passage of wind may occur with partial relief of symptoms. **Billiary Colic** is caused by the attempt of a gall-stone to pass along the gall-duct and by the consequent inflammation. The pain is below the right ribs where there is tenderness as well. Jaundice, rigor, high temperature may or may not occur. **Pancreatic Colic**—This also may give rise to jaundice and the stools contain much fat ; the pain is between the tip of the breast bone and navel. **Renal Colic** is due to passage of stone ; the pain is excruciating ; urine may be bloody ; vomiting is common, the pain passes from the loins into one of the testicles.

Treatment :

Colocynth 6-30—Severe griping pain around navel ; patient is doubled up from pain and presses the knuckles of his fingers well into the abdomen ; pain is relieved partially by pressure ; flatulence ; face is anxious ; passage of flatus or eructations ; constipation. [Some prefer to use alternately with it, Lycopodium 30]. *Nux Vomica* 6-30 : Flatulence, severe cramps. constipation, cutting pain in urinary bladder. *Chamomilla* θ-12 : Tearing pain around navel ; diarrhœa ; aggravation at night or on application of heat. *Magnesia Phosph.* 2x (*trit.*) to be taken in hot water if chamomilla fails. *Iris. Vers.* 3 : Much flatulence, burning sensation to upper part of abdomen ; vomiting of bile ; twitching pain. *Dioscorea* 1x : Pain starts rom navel and radiate all over—even down to tips of toes ; tympanitic distention of abdomen, coated tongue, aggravation of pain on lying down ; amelioration of pain on standing bolt upright or on arching the body backwards ; sudden vomit of food-matter and onset of colic simultaneously ; biliary colic in pregnant women. *Verat. Alb.* 6 : Colic and flatulent distension at night or after meals, rumbling in abdomen; pain in lower abdomen; water-brash; cold face and extremities.

Try also—*Opium* 6, *Aconite* 6, *Plumbum* 6, *Berberis Vulgaris* θ-6. Spasmodic flatulent colic at midnight epecially in pregnant women: *Cocculus* 6. Colic of indigestion following heavy meal: *Puls.* 6 or *Colocynth* 6. If the last one is associated with constipation and flatulent distension: *Puls.* 6 or *Lycopod.* 30. In colic of hysteria: *Ignatia* 6.

During colic take nothing but hot water or ærated water or cocoanut-water. When it is relieved, take barley-gruel and when completely well, take rice with fish-soup or *ghole* (whey). Avoid milk for some days.

LEAD-COLIC

Printers and lead-workers are liable to take small quantities of lead with their food or drink and develop a blue line on their gums, constipation, nausea, etc. and severe intestinal colic.

Treatment:

Opium 1x every 15 minutes relieves pain. This failing give *Alumen* (*not* alumina) 3-30 every hour. This failing, give *Platina* 6. Let patient drink milk freely and take warm water enema.

Gall-stone or Biliary Calculus

As a result of dietitic error and in part owing to bacterial infection (as during typhoid fever, etc.), inspissated bile is deposited inside the gall-bladder, to form gall or biliary stones. They vary in size from that of a sand to a pigeon's egg ; there are usually faceted and greenish in colour. Women who fast much or habitually eat at irregular hours and are at the same time constipated are the commonest victims. One may go through life with these stones inside one's gall-bladder without ever being troubled by them. In others they give rise to colic, inflammation (cholecystitis) or even pus formation. (see 'Colic' above).

Treatment :

1. DURING COLIC : *Calc. Carb.* 6-30 every 15 minutes for 3 hours. If no result follows, *Berberis θ* every 20 minutes. *Chionanthus θ*, *Hydrastis θ* (*m.* 1—10), *Dioscorea θ*, *Chelidonium* 2x, *Carduus Marianus* 2x, *Gels.* 1x, *Bell.* 3x, *Ars.* 3x-30 may be tried. *Magnes Phosph.* 3x (in hot water) taken internally and applied locally acts magically. Try *Cholesterinum* 2 (or higher potencies if required) or 3x (*trit.*)-30—it has been extolled. Apply poultice to the affected part, make the patient sit in hot water ; or inject into his bowels, drop by drop, warm water ; he can drink sips of hot water.

II. TO PREVENT RECURRENCE OF ATTACKS : *China θ* is said to be the best preventive. Thayer recommends it (6x) in 6 globules twice daily upto 10 doses ; then advises 6 globules every other day upto 10 doses ; thereafter prescribes it every 4th day, every 5th day & so on till it comes to a dose of 6 globules once a mouth. In the hands of others, *Chelidonium* and *Carduus Marianus* have given very satisfactory results.

The patient should avoid excess of sugar, starches, fats and calcium salts. Alkaline mineral waters are beneficial. He should live a regular life and drink water freely. If the gall-bladder should suppurate, have recourse to the surgeon's knife.

CONSTIPATION

It is a symptom, not a disease. It is due to (*a*) want of bodily exercise, as in sedentary or old people ; (*b*) food being very dry or leaving little solid residue, as meat diets ; (*c*) want of sufficient fluid intake ; (*d*) drinking much of stuffs containing tannic acid, like tea, coffee, etc., and (*e*) injury or diseases of liver, etc. The danger of constipation is from chronic fæcal poisoning. The noxious odours and decomposed products arising from old fæces being retained inside the intestines, give rise to bad taste in mouth, loss of appetite, headache, loss of health and vigour, etc.

Treatment

Natrum Mur. 12x (*trit.*)**-200.**—is a valuable remedy.

Nux Vom. 30.—If there is frequent desire to ease oneself but complete evacuations do not occur ; hard scyballæ are passed with difficulty ; or if there is scanty liquid motion, with headache, loss of appetite, a sensation of weight in lower abdomen. Nux is also valuable to those of sedentary or studious habits or who are melancholic or of short-temper and also constipated.

Bryonia 6-30.—Slight feeling of chill, headache, pain in liver, large dry scyballæ, rheumatic constipation, constipation in pregnant women or during summer or in children. [Nux is indicated where there is a frequent ineffectual desire to ease oneself though patient is constipated. Bryonia, where constipation exists with no desire].

Opium 30.—Headache, vertigo, hard scyballæ, sleepiness, flushed face, scanty urine (useful in old or docile men as well as in the plethoric).

Lycopodium 30.—Constipation or stools passed with much effort ; flatulent distention of abdomen ; lower abdomen gets distended with gas after meals and feels hot to touch ; water-brash or eructations.

Sulphur 30.—Lower abdomen and anus feel hot and heavy ; itching and burning in anus ; uneasy sensation in anus immediately before and after evacuation ; frequent desire to ease oneself ; piles.

Hydrastis 3x.—Constipation following abuse of purgatives.

Alumen 30-200.—Constipation of a most obstinate nature ; no desire to stool for days ; violent urging to stool. Marble-like masses pass but still rectum feels full.

[Those who prefer purgatives should drlnk 8 oz. of a decoction of 100 grains of each of—myrobalans, senna-leaves, raisins, with or without sugar-candy, soaked in 8 oz. of hot water.]

Those who are constipated, are advised to form the habit of visiting the closet early every morning, even if there be no urging ; to avoid meats as much as possible ; to take plenty of fruits (especially fruits with much pulp, like papaw, banana, mango, etc.) or green vegetables and such vegetables as leave plenty of solid residue, like brinjal, lady's finger, the stem and flower of plaintain tree, figs, arum (kachu) unripe papaw, etc. ; to take plenty of open air exercises and massage the abdomen ; to drink plenty of water. Isaphgul, myrobalans, asafœtida, cocoanut-water may be taken but not daily. Raisins in the form of "tea" are very good.

APPENDICITIS

At the point of junction of large and small intestines is a warm-like blind tube, communicating with the interior of the cæcum—or the entrance into the large intestines. We do not know the function of the tube, which being a redundant vestige of some ancestral organ looks like a worm and is therefore called VERMIFORM APPENDIX. As the resulr of cold, truma or eating hard small particles like seeds of berries, etc., and most probably, as the result of bacterial infections this appendix becomes inflamed. And when it does so, it entangles in its meshes, some amount of surrounding tissues. Hence appendicitis is associated with PERITYPHILITIS. The chief danger of appendicitis is that it quickly suppurates and tends to burst into the abdominal cavity, giving rise to a alarming condition called Peritonitis. Hence, surgeons think of removing it as soon as the disease ever begins.

The **symptoms** are: Pain in the right lower corner of abdomen, making the patient lie in bed with legs drawn up. Abdomen, if touched, is rigid along the entire right side; bowels are constipated. They are constitutional disturbances like—rise of temperature with or without rigor, furred tongue, delirium, restlessness, etc.

Lachesis 30 :—Cutting pain in the region of the vermiform appendix (right lower part of abdomen) and intolerance of loin-cloth. *Apis* 30—Pain is stinging or burning in character—especially following vaccination; appendicitis of women. These failing, try *Iris* 30—*Arsenic* 3x-30—Fear of impending dissolution, anxiety red tongue, desire to drink cold water but thirst is quenched by small quantities of it, restlessness, exhaustion. *Bryonia* 3x-30—Aggravation of pain on tossing in bed. *Rhus Tox* 30—Alleviation of pain on tossing in bed. Try also—*Bell.* 3, *Merc. Cor.* 3, *Verat.* 3, *Colocynth* 6, *Hepar* 6, *Sulphur* 30, *Aconite* 3x.

Patient must keep strictly to bed and avoid every kind of solid food or food that gives rise to wind or irritation of intestines. The part may be treated with hot compress. As soon as ever untoward symptoms appear the surgeon should be called in.

TYMPANITIS

This means—distention of abdomen with gas and more or less inactive condition of the bowels. It is seen in cholera, typhoid fever, etc.

Treatment :

Asafœtida 3 (once every hour) : In hysterical cases. *Terebinthina* 3 : Due to fever or inflammation. Also apply terpentine (a few drops) on to a piece of flannel wrung out of hot water or compress to abdomen. *Raphanus* 6 : Abdomen is tense and no wind is passed either way.

FLATULENCE

This means—local accumulation of gas inside the abdomen. This gas moves about and is expelled upwards (eructations) or downwards (flatus). It is associated with indigestion.

Treatment :

Carbo Veg. 6 : Wind is locked up in upper portion of abdomen, causing pain in chest and difficulty in breathing ; stools loose. *Lycopodium* 6 : Flatulence in lower abdomen, with constipation. *Lachesis* 6 : Relief after eructations. *Chamomilla* θ : Relief after eructations. *Nux Vomica* 3 : Constipation, sense of constriction in chest, bitter or acid belchings. Try also—*Sulphur* 30, *Nux Moschata* 2x, *Raphanus* 30, *Calc. Iod.* 3, *Silicea* 6, *Cina* 3, *Bryonia* 3, *Ars.* 3.

DIARRHŒA

Diarrhœa is repeated passage of loose or semi-liquid stools or in large quantities. It is the result chiefly of indigestion or bacterial or chemical irritation and under certain circumstances it is nervous in origin. In diarrhœa there is no tenesmus (or bearing down) and stools are large in quantity and without mucus or slime. For distinction from cholera, see under the heading, p. 108.

Treatment :

Spt. Camphor : Chill, rigor, pain in stomach ; extremities and face cold ; diarrhœa of summer season or associated with cold.

Chininum Ars. 6x : Ordinarily diarrhœa.

Rheum 3 : Sour smell in stools and in sweat.

Croton Tig. 6 : Copious yellow watery motion.

Rumex 3 : Moaning diarrhœa, greyish motions ; patient wakes up with uncontrollable urging for motions.

Aconite 3x : Diarrhœa due to cold ; patient feels chilly, thirsty and feverish.

Chamomilla 6 : Hot, fœtid, greenish liquid evacuations ; bilious vomit ; gripes ; headache ; diarrhœa of infants at dentition period ; chill screams constantly ; wants to be taken up in arms ; motions are sticky or watery or greyish or greenish and with smell of rotten eggs.

Pulsatilla 3-30 : Stools changing in character ; bitter taste in mouth ; nausea or vomiting ; eructations ; aggravation at night ; diarrhœa following fatty food.

Antim Crude 6 : Tongue coated white ; eructations ; nausea ; loss of appetite ; liquid or bilious motions.

Ipecac 3x-6 : Nausea on vomiting ; foul smelling stools ; bloody stools ; summer diarrhœa with gripes ; greenish or greenish yellow diarrhœa of children.

Oleander 3-30 : Diarrhœa of indigestion.

Zingiber 6 : Due to drinking of contaminated water.

Nux Vomica 1x-30 : Due to over-eating or night-keeping or drinking.

China 6, 12, 30 : Diarrhœa due to over-eating of fruits in summer : painful or painless diarrhœa of reddish motions, coming on after eating or at night or in the morning ; weakness ; loss of appetite, thirst ; frequent liquid motions with gripes ; stools are gushing out with force.

Arsenic. 3x-30 : Restlessness before evacuations ; pain in the abdomen ; nausea at the time of easing oneself ; straining ; weakness and burning sensation in anus after passage of stools ; palpitation ; foul smelling, dirty coloured, scanty stools ; much thirst ; chronic diarrhœa due to eating stale fish, meat, milk or vegetables or acids, ice-creams, ice-fruits, etc.

Dulcamara 6 : Diarrhœa due to wet ; cold bilious motions at night ; flatulence and diarrhœa in the afternoon ; stools of variegated hue ; liquid stools mixed up with broken-down masses ; vomiting and purging simultaneously ; burning pain in hands ; diarrhœa of rainy seasons.

Iris Vers. 6 : Choleraic diarrhœa ; tympanitis ; burning sensation in anus ; nausea or vomiting ; unconscious eructations during summer, or autumnal diarrhœa or cholera of infants.

Merc. Vivus 6 : Straining and griping ; tenesmus *i.e.* patient feels that he has yet to ease himself although there is nothing in his rectum ; bilious stools with or without blood.

Merc. Sol. 6-30 : Bilious, bloody or mucous stools ; griping before stools and relieved by passage of stools ; stools clay-coloured, yellow.

Bryonia 6-30 : Summer diarrhœa, diarrhœa due to drinking cold water ; nausea or fainting on sitting up ; much thirst ; clay-coloured fœtid stools.

Verat. Alb. 6-30 : Watery or rice-water-like copious motions ; stools passed with much noise, or unconsciousness ; pain in abdomen ; cramps in legs ; pulselessness ; cold sweat on forehead.

Podophyllum 6 : Diarrhœa with teething children ; copious stools of variegated colour ; diarrhœa after eating or drinking, with sensation of emptiness of lower abdomen ; painless diarrhœa aggravated in the morning. Stools frequent, watery, fœtid, gushing out. Good for those who are bilious.

Phosphorus 6-30 : Weakness, flatulence, acid belchings rnd diarrhœa (in chronic dyspepsia) ; diarrhœa during cholera-time. Stools profuse, watery, puring out as if from a hydrant, better after sleeping. Bloody stools white particles like boiled sago.

Calc. Carb. 6-30 : Weakness and emaciation ; pallor of face ; now loss of appetite now keenness of it ; chronic diarrhœa due to acid fermentation ; diarrhœa of children (whose forehead sweats profusely) or of those who are scrofulous.

Alœs 6 : Yellow, fœtid stools ; evacuations follow quickly upon urging for them ; pain in the pelvish before and during passage of stools ; morning diarrhœa urging to stool wakens the patient driving him out of bed at about 6 A. M. : diarrhœa with passage of flatus.

Nupher Lutea 3x : Diarrhœa between 4 and 7 A. M. ; stools are sour-smelling, yellow and liquid ; flatulence ; burning sensation in hands after evacuations.

Colocynth 6 : Cutting or griping pain in abdomen or round the navel, doubling up the patient ; aggravation of pain and diarrhœa after eatings ; relief of pain after each copious evacuation or on bending forward or on pressing on the abdomen ; stools are at first watery, then bilious and sometimes bloody.

Ferrum Met. 6-30 : In chronic cases leading to exhaustion where undigested stools are passed with much straining.

Sulphur 12, 30 : Stools yellow or dirty-white in colour ; painless diarrhœa ; stools consist of undigested food ; morning aggravation ; chronic diarrhœa with excoriated anus ; patient wakes up with urgent call for the closet which he has to visit at once.

Try also—*Thuja* 30, *Magnesia Phosp.* 12x (*trit.*) *Ricinus* 6, *Æthusa* 6, *Calc. Carb.* 6, *Lachesis* 6, *Apis Mel.* 6, *Carbo Veg.* 3, *China* 3x-200.

Indications of remedies according to cause of diarrhœa :—

Eating rich food—*Puls.* 6, *Nux Vom.* 30, *Antim. Crude* 6, *Ipecac.* 6.

Drinking of contaminated water or eating jack-fruit—*Chamomilla* 12.

Taking ice, or ice-cream—*Ars.* 6, *Carbo Veg.* 6.

Inhaling foul air—*Baptisia* 3x, *Ars.* 6.

Exposure to cold in winter—Spt. Camphor, *Acon.* 3x, *Bryonia* 6.

Exposure to heat in day and cold at night time—*Bryonia* 3x-30.

Exposure to cold in rainy season—*Dulcamara* 6, *Rhus Tox* 6.

Eating too much tarts or fruits—*China* 30, *Ars.* 6.

Summer Diarrhœa—*China* 3x, *Verat. A.* 6, *Iris.* 6, *Bryonia* 6, *Ars.* 6.

Mental excitement—*Ignatia* 6, *Chamomilla* 12, *Verat* 6.

Drinking milk—*Æthusa* 6, *Calcarea* 6.

Eating fatty food—*Puls.* 6.

During teething of babies—*Chamomilla* 12, *Calc. Carb.* 6.

Due to fear or joy—*Coffea* 6, *Opium* 30.

Due to grief—*Ignatia* 6.

Diarrhœa of pregnancy or after delivery—*Antim. Crude* 6, *China* 6.

Chronic diarrhœa—*Sulph.* 30, *Calcarea Carb.* 30, *Lyco.* 30, *Alœs* 30, *Acid Phosph.* 6.

Keep patient warm in bed so far as practicable. Give him to drink boiled water when cooled. Weak tea (without milk), ghole (butter-milk, whey), glucose in water, cocoanut water. As soon as the diarrhœa subsides, arrowroot or barley-gruel or plasmon arrowroot or Horlick's malted milk may be given. Albumen-water may also be given. Thereafter soups and finally rice may be allowed.

DYSENTERY

It is a disease in which ulceration occurs in the large intestines (especially in the sigmoid flexure) as the result of bacterial infection. The germs commonly responsible for dysentery are two :—The amœba-coli and the bacillus-dysenteriæ. Hence, there are two kinds of dysentery—*amœbic* and *bacillary*. Exposure to cold, continual fasting, bad sanitation, eating rich food or stale-food or drinking impure water are the predisposing.

Symptoms : Frequent defection with pain and griping around the navel, straining, discharge of mucus and blood. There may be nausea and vomiting, loss of appetite, rise of temperature. The skin is dry, tongue glazzed, emaciation is progressive. Abscess of liver is secondary to amœbic dysentery.

Treatment :

Brief outlines : *Simple dysentery—Merc. dulcis* 6x-12x. *Tropical dysentery* (with mucus, straining and blood)—*Merc. Cor.* 6-30, *Cantharis* 3x, *Ars.* 3x, *Straining* : *Bell.* 6x, *Alœs* 6x, *Nux* 30. *Severe gripes—Ipecac* 3x-6, *Colocynth* 6, *Magnes. Phosph.* 1x (*trit.* in hot water), *Cuprum Ars.* 6x (*trit.*). *Bloody stools—Arnica* 3x, *Ipecac* 3x, *Hamamelis* 1x, *Hydrastis* 3x. *Dysentery complicated with malaria—Cedron 0*, *Chininum Sulph.* 1x-3x (*trit.*). *Dysentery with anæmia and chronic dysentery (in* *females*)—*Alstonia* θ. *Chronic cases*—*Sulphur* 30, *Acid Nitric* 6 or Cod-liver-oil—a few drops after meals.

Aconite 3x, 30—Fever; pain in abdomen; bloody mucus; thirst; restlessness.

Carbo Veg. 30—Foul smelling flatus; flatulence; much eructations; dysentery due to taking ice when one is hot: feels cold; urine is very foul-smelling or suppressed; gangrenous odour in stool; pulse is almost imperceptible. This remedy is not usually used in acute cases.

Hamamelis 3x—Copious evacuation with thick or blackish stools.

Mercurius is almost a specific in dysentery, its leading indications being—bloody mucus evacuations, straining at stool, a feeling of more stool coming on, when there is none, all having been passed at that sitting. If on the top of these three common indications, there are three following indications, then use the special forms of Mercurius indicated against each :—

(*a*) *Merc. Cor.* 3x-30—The above three indications well marked; stools are more bloody than mucus; scanty urine passed after burning sensation in urinary bladder; no urine passed; patient is much exhausted.

(*b*) *Merc. Vivus* 6x (*trit.*)—The three cardinal symptoms are not well-marked; stools are mucous than bloody. If *Merc. Vivus* is not handy, give *Merc. Sol.* 6.

(*c*) *Merc. Dulcis* 6x (*trit.*)—If the cardinal symptoms are mild and motions are greenish-slime or liquid blood.

Aconite 6-30—Fever or febrile symptoms well marked. Stools bloody mucous. Cutting pains before and during stools, tenesmus. Great thirst, dry heat, distended abdomen, restlessness and sleeplessness ; full hard, quick pulse ; fear, anxiety. If given at the beginning it often arrests the progress and shortens the period of the disease. It may act well if *Merc. cor.* fails to relieve.

Alœs 3x-30—Stools foul-smelling, bloody, mucous. Great urging to stool in the early morning, driving one out of bed (*Sulphur*), difficulty in retaining stools, great straining during stools, loud gurgling in abdomen.

Dirty bloody evacuations ; pain in loins ; heavy sensation in thighs ; cutting pain round navel dryness of mouth ; thirst ; flatulence in lower abdomen ; faintness, occasionally during evacuations. Useful in chronic dysentery.

Nux Vomica 3-30—Straining before or during stools but relief afterwards ; thick mucus with blood ; stools small in quantity though more frequently passed ; feeling of loaded rectum even after evacuations. [In Nux—straining stops awhile after evacuations ; while in Mercurius, it does not.

Magnes. Phosph. 1x-6x (*trit.*) in hot water—Severe pain in abdomen.

Alstonia θ**-3x**—Dysentery associated with malaria and anæmia.

Belladonna 6x—Flatulence ; constant staining but slight evacuations ; inflammation in rectum ; a feeling of rectum and urinary bladder descending downwards ;

fever ; eyes glistening ; face flushed ; delirium ; straining after stools (useful in dysentery of children).

Colocynth 3-6—Flatulence ; gripes—relieved by pressure or on doubling up ; tongue coated white ; nausea ; bloody mucus in stools.

Calcarea Carb. 6-30—Evacuations are greenish, yellow or whitish ; sweating of the head, feet icy-cold ; cramps in calves of leg ; pain in anus.

Ipecac 6-30—Grass-green frothy mucous stool ; stools frequent, offensive and bloody, worse at night. Persistent nausea. Dysentery of teething children. Colic & nausea before and during stools. Stools like fermented trickle.

Causticum 6—Much straining ; bloody mucous stools ; spasm of rectal sphincter with pain ; flatulence.

Puls. 3-30—Stools contain only white mucus ; pain in lower abdomen ; dysentery due to indigestion of fat ; aggravation at night.

Ars. 6—Burning sensation of skin ; thirst ; debility ; blackish motion, foul smelling and bloody ; intense thirst and frequent drinking of cold water, fear of impending death.

Gambogia 6—Foul-smelling, yellow, liquid motions ; aggravation after food and drink ; relief on pressure over abdomen ; griping with urging for motions.

Merc. Cor. 3-30—Frequent urging to stools ; stools scanty, offensive and bloody, mixed up with particles of mucous membrane ; there is more pure blood than mucus. Constant tenesmus—day and night, before during and after stools. Cutting colicky pains. Burning in rectum and bladder after stools, Urinary troubles marked ; urine scanty, hot, bloody ; retained or suppressed, passed in drops.

Phosphorus 6—Greenish, sticky mucus or bloody stools ; painlessness ; aggravation on lying on left side or in the morning ; intense thirst for cold water ; sago-grain-like stools.

Magnesia Phosph 12x (*trit*. in hot water)—Dysentery with intense pain in rectum.

Lycopod. 30—Dysentery with tympanitis.

Baptisia 1x—Delirium & prostration.

Cantharis 3x—In epidemic dysentery ; condition of patient is grave ; urine passed with much effort (strangury) ; burning sensation after making water ; stools like shredded meat ; intense pain in abdomen ; flatulence ; thirst but unwillingness to drink water ; body is cold.

Capsicum 3x—Frequent mucous stool mixed with dark blood ; flatulence ; straining ; burning sensation at the time of making water.

Colchicum 2x—Dysentery following the rainy season ; straining ; gripes ; cramps in calves ; dropsy ; listlessness.

Arnica 3x-6—Straining and passage of much scarlet (fresh) blood.

Rhus Tox 3—Unconscious evacuations at night ; cutting pain in abdomen ; constant urging for stools. It is a valuable remedy in the 30th potency in chronic dysentery with delirium.

Sulphur 6-30—Relief of straining after evacuations ; streaks of blood instead of intermixture of blood with mucus in stools ; when the disease baffles treatment ; valuable in chronic dysentery.

Nitric Acid 6—Chronic dysentery with pus in stools or mucus ; rotten odour in stools ; straining at stool which is followed by weakness ; valuable to syphilitics or those who have had too much mercury.

Try also—*Apis* 3, *Hydrastis* 1x, *Lachesis* 6, *Plumbum* 6, *Verat. Alb*. 6, *Zincum* 6.

Dietetic and other directions—Same as under 'diarrhœa'. Unripe 'bæl' decoction can be taken but not bæl pickles. In the absence of other medicines, in outlying villages, a soup of थानकुनि (Hydrocotyle Asiatica) or a dram of fresh तेलाकुचा (Coccinella Indica) juice may be tried (especially in bloody stools associated with Prolapsus Ani or Prolapsus Recti).

GASTRIC ULCER

Ulcer on the inner wall of stomach is due to causes unknown. It is sometimes associated with anæmia, ague, syphilis, tuberculosis, pyæmia or septicæmia extensive burn, etc.

Symptoms :—Pain at the pit of the stomach after food, leading to vomiting which relieves the pain ; occasional blood-vomit or blood passed with stools. Excessive acidity in stomach, leading to continuous pain at a later stage of the disease.

Treatment :

Uranium Nitricum 3x (*trit.*)—2 grs. every 6 hours, when ulcer is in the fundal portion of stomach.

Kali Bi. 3x (*trit.*).—2 grs. every 6 hours where ulcer is the result of burn and is situated on anterior wall.

Try also—*Argent Nitric* 6, *Ars.* 3, *Lachesis* 6, *Ornithogallum Umbellatum* 0 (only one drop), Atropium 4x (occasionally).

Diet :—Give non-irritating, easily digestible foods that do not cause flatulence. Do rectal feeding in bad cases. Peptonized milk or jelly, weak tea or coffee ; well milked, finely grated bread-crumbs, white of effgs beaten up in milk, pounded fish, minced meat, mashed potatœs may be gradually allowed in the order in which they have been given here.

(PILES Haemorrhoids)

Piles are small tumours consisted of swollen veins in the anal region. They may be mainly divided under two classes—external and internal ; these again are subdivided as "bleeding" or "blind". External piles appear singly or in groups like a bunch of grapes outside the anal sphincter ; internals are within and can not be seen from without. Bleeding piles are those that bleed, while blind piles do not bleed.

Causes :—Constipation, cirrhosis of liver, heart diseases, gout, pregnancy, abuse of purgatives, habitual drinking, sitting on cushioned seats, etc.

Treatment :

Nux Vomica 30.—Occasional diarrhœa ; extrusion of piles during stools ; loin-ache ; pain during making water ; aggravation after food or hard thinking ; useful to those sedentery people who indulge in rich dishes.

Sulphur 30.—Valuable in old sufferers. Obstinate constipation with passage of blood-streaked hard stools ; burning pain and smarting in anus ; frequent but ineffectual urgings for stool. [Use Sulphur in the morning and Nux in the evening, with good results.]

Lachesis 30 or **Sepia 30.**—Piles look like onions or like a nose around the anus.

Æthusa 3.—Sensation of sharp stick inside the rectum ; backache ; bleeding.

Collinsonia 2x.—Associated with constipation. This failing try *Aluminium* 6.

Antim Crude 6.—Much-like white of an egg is passed.

Ratanhia 6.—Much burning in anus.

Graphites 6.—Large, hard, knotty stools passed with difficulty.

Hamamelis 2x.—Free bleeding from piles ; if the piles is external, apply to it a rag soaked in a lotion of *Hamamelis θ*, 30 drops in 8 ounces of distilled water.

Alœs 6.—Diarrhœa ; burning and cutting pain ; much straining, dirty blood with liquid stools.

Try also—*Bell.* 6, *Aurum* 6, *Capsicum* 3, *Merc.* 3, *Acid Nitric* 6, *Phosphorus* 6, *Silicea* 6, *Berberis* 1x-3, *Dioscoria θ*, *Hepar* 3-30.

In the early stages when the piles are painful—

Aconite 6. In congested liver with clay-coloured stools—*Phosphorus* 6, *Sulphur* 30. In congested pregnant women with diarrhœa—*Alœs* 6. In blind piles with pain in the early stages—*Aconite* 3. With burning and smarting—*Capsicum* 6. In chronic condition—*Nux Vom.* 30 in the evening and *Sulphur* 30 in the morning. In mucous discharges associated with piles—*Acon.* 6., *Merc.* 6. In chronic cases with much emaciation—*Ars.* 30, *Ferrum* 30, *Carbo Veg.* 30, *Acid Phosph.* 30, *China* 6.

Other medicines recommended are—*Thuja* 30, *Acid Nitric* 30, *Phosph.* 30, *Causticum* 30, *Muriatic Acid* 3x.

Diet etc. :—A man with piles should avoid—exposure to fire or the sun ; fastings ; holding up any urgings for urine or stool ; riding ; sitting as at stool ; rich or spicy or pungent food, flour, meats, fries, etc. He should especially take—papaya, sugar-cane, butter (fresh), gourd, pumpkin, herbs, green vegetables, plaintain, melon, cocoanut, pine-apple, mango, bæl, lichi, lemon, orange, tamarind, date, raisins, almond, olives, peach, pistachio, arum, lady's finger, whey, sugar-candy, molasses, etc.

PROLAPSUS ANI

In those who are naturally weak (as in children and old man) or those rendered weak by diarrhœa, dysentery or constipation, severe straining at stool may cause some six inches of the rectum to be extruded, with consequent pain and bleeding.

Treatment :

Put the patient in knee-elbow position and with the help of a clean piece of soft rag soaked in cold water, replace the extruded gut. from the margin towards the centre. Having done so, put a pledget of cotton wood on the anus and finally fix up a "T-Bandage."

Alœs 3 : Diarrhœa with blood in stools. *Ignatia* 3 : Straining at stools. *Podophyllum* 6 : Morning diarrhœa ; stools are yellow or green, with burning in anus ; much straining but scanty scyballæ is passed. *Ferrum Phos.* 6 : For children.

HERNIA

There is a passage communicating between the abdominal cavity and the scrotum, on both sides of groin. Normally, through this passage, the testicle descends into the scrotum and, in health, this passage is not open. But in those who are very thin and flabby or, in those muscular individuals who are apt to suddenly strain severely, this passage becomes open – in the former, very gradually ; in the latter, suddenly, by the rupture of muscle-fibres. The intestines lying behind this passage are forced out by the strain that brings about the opening of this passage and the forced out knuckle of intestine is called a hernia. If it is of gradual development, the patient feels pain and discomfort in the region and by relaxing the thigh muscles, can push up the protruded gut back into the abdominal cavity ("or reduce" it, as it is termed). If it is of sudden onset, the patient falls down in a heap, in agonizing pain, begins to feel nauseous and if not soon relieved, may collapse. If this condition is not relieved soon, within 48 hours, the incarcerated knuckle of intestine becomes gangrenous and the patient dies.

Treatment :

Let the patient lie on his back, the thigh of the affected side and the flexed knee resting on a high pillow. By *gentle manipulation* try to get back (reduce it). Failing this, never use violence, but apply ice over the part, when perhaps the reduction will be effected spontaneously. If no reduction follows, send for the surgeon without delay. After reduction has been effected, the patient should get a well-fitting truss and wear it continually. He sbould avoid all sorts of straining.

Medicines :—***Nux Vomica*** 6x : (if it is left-sided) or ***Lyco***. 6-30, ***Plumbum*** 6 : If due to constipation. ***Acid Sulphuric*** 3 : If there is much vomiting. ***Lachesis*** 30 : If gangrene threatens. ***Belladonna*** 3 : Crampy pain around navel ; flatulence. In the case of children : ***Nux Vomica*** 3, ***Calcarea*** 6 (in stout children), ***Silicea*** 6 (in thin children).

FISSURE-IN-ANO

During the passage of hard stool, as the result of straining a cleft or crack may occur in the muscles or mucous membrane of the anus. This is very painful and the patient may even faint away in consequence.

Treatment :

Graphites 6.—Agonising pain ; hard, scanty but mucous stool. *Acid Nitric* 6 :—Intense cutting pain at the time of or after stools ; constipation ; hard stools. *Æsculus* 3.—Ulcer in anus with burning pain ; back-ache ; dry, hard scyballæ. *Ratanhia* 3.—More burning sensation (than in Æsculus) after defecation ; cutting pain ; constipation or diarrhœa.

Apply oil or ghee to anus before passing stool and take plenty of fruits and vegetables such as are recommended under piles.

PRURITUS-ANI

Owing to the presence of thread-worms, piles, varicose veins, eczema, etc., the rectum feels itchy.

Treatment :

Radium Bromatum 30.—Once every week. Treat the cause—such as *Cina* or *Teucrium* in worms.

WORMS

Three kinds of worms usually infest human intestines : **Thread worms, Round worms and Tape-worms.** *Thread* *worms*—infest the cæcum and upper part of colon; *Round worms*—the small intestine; *Tape-worms*—the small intestines.

Causes : Eating green vegetables that grow on damp soils, on which dogs and jackals ease themselves. It is these animals that pass the eggs of these worms with their stools; and these eggs sticking to vegetables, are hatched when they get inside those who eat those vegetables. Children with uncut nails, while digging such ground or playing with dust, retain the eggs under their nails and swallow them with food. This is one way how worms get into our body. Worms also get in with diseased meats. Sugars, unripe-fruits and stale fish by increasing mucus, furnish food for the worms and help their growth.

Symptoms :—Itching of anus, gnashing of teeth at night, sudden starts at sleep, convulsions, itching of tip of nose, capricious appetite, fretful temper, passing water in bed at night, water-brash, pallor, wasting, difficulty in making water, cholera-like vomiting and purging, disturbed sleep, etc.

Treatment :

Cina 2x-200.—Pupils dilated; sudden starting during sleep; faintness; nausea or vomiting; hiccup; itching of tip of nose; itching of anus; gripes; grinding ot teeth when asleep; urine scanty and milky; ravenous hunger. This failing, try *Stannum* 6-30.

Teucrium 1x.—Severe inflammation of rectum; sleeplessness; giddiness; useful in thread-worms.

Santonine 1x (*trit.*) —Useful in all kinds of worms.

Spigelia 3.—In thread worms.

Sulphur 30.—Worm-colic; when there has been partial alleviation of troubles by use of other medicines.

In TAPE-WORMS: *Filix Mas* θ, *Merc. Cor* 3x, *Cuprum Acet.* 3, *Stannum* 3 (*trit.*).

In ROUND WORMS: *Cina* 2x-200, *Santonine* 1x (*trit.*).

In THREAD-WORMS: *Santonine* 1x (*trit.*), *Teucrium* 1x.

Dr. Hughes thinks that by using *Lyco.* 30 for 2 days, *Verat.* 12 for 4 days, and *Ipecac* 6 for 7 days, worms may be eradicated. *Calcarea* 30 is a good medicine for worms in children. By the use of *Viola Odorata* 6 before breakfast and *Stannum* 30 at bed-time, the secretion of excessive mucus may be prevented. A douche of salt in tepid water if repeated for some days relieves one of the troubles from thread-worms for some time.

HOOK-WORM DISEASE

(Anchylostomiasis)

A kind of parasite exists in the human intestines, called HOOK-WORM. It is half an inch long and slender as the human hair and is provided with a pair of hook-like teeth at one end. The eggs of these parasites are passed out with human stool and deposited on moist soil where high temperature and wind help to develop the embryo. The eggs are hatched in four to eight days, giving rise to larvæ. These larvæ are swallowed by man with food or drink. The chief means whereby they get into our body are—(*a*) with food grown on those soils, or (*b*) water passing through those soils, or (*c*) when men with long nails during earth-work (like coolies, miners, brick-layers, agriculturists, etc.) get the eggs in the earth lodged under their nails, or (*d*) when people walk bare-footed, the larvæ can get themselves hooked into the sole of the foot as soon as trodden on."

By whichever means they enter the human body, they ultimately reside in the human intestine (jejunum), hook themselves from the mucous surface. They gradually eat up the mucous surface from which oozing of blood takes place. This double loss (loss of the digestive mucous surface and the loss of blood) lead to emaciation, indigestion, wasting, anæmia, puffiness of face and ankles, exhaustion, and ultimately death.

Treatment :

Preventive :—(1) Insist on coolies and other people defecating into well-appointed latrines—never on the fields. Burn all dejecta after collection. (2) Insist on all coolies, aggriculturists, miners, etc., washing their hands very thoroughly before eating or drinking and always wearing shoes.

Curative :—Give the patient according to his age and body-weight, from 7—10 grains of *Thymol* in the morning on empty stomach ; after an hour or two a dose of castor-oil or *Mag. Sulph.* Continue it for a few weeks ; once a week or once a fortnight is quite enough. *Filix Mas*, *Chenopodiam oil* may also be used instead. For the anæmia, give *China*, *Ferrum*, *Acid Phos.* *Stannum*, *Spigelia*, *Teucrium*.

HEPATITIS

Causes :—Chronic malaria, abuse of quinine or mercury, excessive drinking residence in tropical climate.

Symptoms :—In early stage—fever with rigor, pain in the liver, headache, bad taste in the mouth, coated tongue, loss of appetite, clay coloured or whitish stools. At later stages—Pain in the right shoulder, tenderness of liver, jaundice, nausea, vomiting, enlargement of liver, constipation or diarrhœa. In the final stage—the liver, either contracts (cirrhosis) or abscess developes—both of which may prove fatal.

Treatment :

Aconite 1-6.—(in acute stage) Fever with chill and rigor ; pain in liver.

Nux Vomica 3x-30.—In chronic hepatitis of drunkards or when it is due to use of strong medicines. Constipation, aggravation of pain after eating.

China 6-30.—Anæmia due to chronic fever ; enlarged spleen ; enlarged and hard liver ; prostration.

Merc. Sol. 6-30.—In acute hepatitis or in enlargement of liver in chronic hepatitis ; sense of constipation in the liver-region making in uncomfortable to lie on right side ; eyes yellow ; appetite failing ; hard, whitish motions or yellow liquid ones ; bad taste in mouth ; difficulty in breathing.

Chelidonium 3x-30.—Severe pain in liver ; pain in right shoulder or right shoulder-blades, eating temporarily relieves ; yellow liquid or whitish hard stools : jaundice ; high coloured yellow urine.

Natrum Mur. 30.—Stitching, pinching or pressure-like pain in liver ; abdomen distended ; occasional rumbling of abdomen ; fever.

Natrum Sulph. 30.—Pain in liver on touching, movement or deep breathing ; pain round navel when stomach is empty—relieved by meals.

Podophyllum 3-30.—(Use 3 in acute hepatits with constipation and in chronic causes). Liver is enlarged ; bilious vomit ; bilious liquid evacuations with prolapse of anus ; face dusky ; headache (especially frontal).

Phosphorus 6-30 —Enlarged liver becomes gradually hard and contracted and leads to dropsy.

Berberis 1x, 1.—Congested liver, with pain in urethra, thighs, groins and loins.

Bryonia 3x, 6, 30.—Liver enlarged and hard ; stitching, burning pain, aggravated by pressure ; obstinate constipation, no desire to stool ; dizziness ; pain in right shoulder ; slight jaundice. Some use it alternately with Merc. in acute hepatitis.

Lycopodium 12, 30 —Constipation, abdomen distended with gas ; constant pressure-sensation, aggravated by pressure or deep breathing ; pain in the abdomen and right side.

Leptandra 3x, 30.—Tongue yellow ; vomiting of bile ; copious, brownish or putrid smelling evacuations ; *tar-like motions*, unbearable pain on all sides of liver (spreading on to the spines) ; jaundice ; clay-colored motions ; dysentery ; dropsy ; fever.

Arsenic 3x, 30.—Liver enlarged ; dropsy ; scanty urine ; thirst ; low vitality.

Sepia 30.—Hepatitis (chronic) associated with troubles of urinary bladder and uterus ; rheumatism ; dropsy ; loss of appetite ; weakness.

Hepar Sulphur 3x (*trit.*).—Aggravation of pain on deep breathing, moving or coughing—the pain radiating to groin ; chronic hepatitis associated with piles.

Carduus Marianus *θ* (1 to 5 m.).—Spleen-diseases associated with hepatitis ; occasional kidney-troubles or congestion. The patient should eat bland, easily nourishing diets and avoid fatty or rich dishes avoid meat and drinks and take gentle exercise.

ENLARGED SPLEEN

Causes :—Malaria, Kala-azar, Lymphadenoma, Heart-disease.

Symptoms :—Enlargement of spleen is associated with anæmia and all its attendant evils—bleeding from nose and gums, dropsy, etc.

Treatment :

(Treat the cause, *e.g.*, Malaria, Kala-Azar, etc). In all kinds of spleen enlargement, use *Ceanothus θ* five drops in a dose, continually for days together.

Aconite 3x.—In acute enlargement.

Arnica 6.—Stitching pain in spleen, aggravated by pressure ; aching in spleen ; blood-vomit.

Ars. 30.—Sensation of pressure on left side of abdomen, spleen enlarged and hard, patient is unable to lie on left side ; weakness, face dusky, constant fever.

China 6-30.—Due to Kala-Azar or intermittent fever, much prostration.

Carbo Veg 3 or **Natrum Mur. 30.**—Occasional tingling sensation in spleen.

Try also—*Nux Vomica* 30, *Podophyllum* 6, *Merc. Bin-Iod.* 3x (*trit.*), *Phosphorus* 6, *Acid Nitric* 6, *Leptandra* 3x. [Fresh milky gummy juice (1 or 2 minutes) obtained by breaking the stem of green papaw is extolled as a curative].

JAUNDICE

In health, bile is expelled into the duodenum during the process of digestion and is re-absorbed ; when an excess amount of bile circulates in the blood, it gives rise to yellow tint in the eyes and to the skin ; it renders urine deep in colour, and stools whitish. Constipation or diarrhœa, profound weakness, bitter taste in the mouth, slow pulse—are the other symptoms of jaundice.

Treatment :

Face yellow, stitching pain in liver, bitter taste in mouth, loss of appetite, extreme prostration, bilious liquid stools : *China* 6. Constipation, pale or yellow urine, pulse small and weak : *Merc. Sol.* 6 (Some give *Aconite* 3x, three or four times and then *Merc. Sol.*).

Skin yellow, brownish urine, hoarse voice, cough, despondency : *Phosphorus* 6. Severe pain in the liver on lying on right side : *Bryonia* 6. Motions yellow, pain in the right shoulder : *Chelidonium* 6. Jaundice due to fear or anger : *Chamomilla* 6. Jaundice due to blood-conditions : *Crotalus* 3. In chronic jaundice : *Iod.* 3, 6.

Try also—*Leptandra* 6, *Acid Phos.* 30, *Dolichos* 3x, *Natrum Sulph* 12x (*trit.*).

Diet :—Same as in hepatits.

FISTULA-IN-ANO

The rectum is securely placed in a mass of fatty and cellular tissues. When owing to any reason the rectum becomes ulcerated, a sinus tract gets unlimited field for burrowing into this tissue. Fistula, however, is often the result of a simple or tubercular abscess in the tissue surrounding the rectum. This abscess opens into the bowel and also upon the skin-surface.

Belladonna 3x or *Merc. Sol.* 6 : The abscess has just appeared and is throbbing ; the anus is red ; there is headache. *Hepar Sulphur* 3 (*trit.*) : When the abscess is threatened with pus-formation, *Silicea* 30 : When the abscess has become an ulcer and is discharging much pus and has formed a sinus. For phthisical patients : *Bacillinum* 30 (once or week). Fistula-in-ano : *Silicea* 6, *Calc. Fluor.* 12x (*trit.*).

Try also—*Causticum* 6, *China* 30, *Calc. Carb.* 30, *Sulphur* 30, *Acid Nitric* 6, *Graphites* 6, *Æsculus* 6, *Ratanhia* 3. Apply locally a lotion of *Calendula* ϕ (1 dram in 2 ozs. of water).

Keep the patient on a liberal diet in an excellent hygienic condition. There is no objection to his taking fish or milk.

For Lachrymal fistula (in the eye and nose): *Fluoric Acid* 6.

DISEASES OF URINARY ORGANS

NEPHRITIS

Anatomy: One of the waste products of the body meant to be cast out is URINE. It is called urine because it holds in its solution among others: urea, the chemical which represents the waste materials. This urea and other constituents of urine are secreted into two very important bean-shaped glands, called *Kidneys*—situated on either side of the lumbar-spine on the back, just where the ribs end. The kidneys are made up of a very large number of specialized tubes and an enormous amount of blood-vessels packed on all sides of these tubules. After the kidneys have filtered out as it were all the harmful waste products of blood, the product (urine) is sent by means of two long narrow pipes called *Ureters* (one from each kidney) into a reservoir, called the *Urinary Bladder*, or simply "bladder". From this bladder urine is voided by means of a pipe, called *Urethra*. These all constitute the urinary apparatus. There is a very definite functional inter-dependence between the kidneys, the skin and bowels—which trio constitute the three chief excretory organs of the body. If one kidney is demaged, life is possible ; but when both are damaged or, life is impossible ; for, all the waste products of the body accumulate in it, poison it, and ultimately kill it. In cold countries, where the skin is practically functionless, the kidneys are all-important.

Nephritis means inflammation of the kidney. This disease is ushered in with fever, nausea, scanty or smoke-tinted or bloody or purulent urine, pain and burning sensation at the time of making water, pain in loins and spine, occasional suppression of urine, delirium, coma and even death.

Causes : After-effect of fevers ; exposure to cold or damp ; injury, intoxicating drink, abuse of irritating drugs as cantharides, juniper, salicylates, mercury and alchohol.

Treatment :

Nephritis with fever due to exposure to cold and wet : *Aconite* 3x. Urine passed in drops, bloody urine ; testicles congested ; pain in lower abdomen and smarting during micturition or suppression of urine : *Cantharides* 3. Urine is dirty or bloody ; testicles congested ; urine suppressed ; dropsy : *Terebinthina* 6. Frequent desire for micturition ; stabbing pain in bladder ; face and eyes congested ; occasional delirium : *Belladonna* 6. *Nephritis* caused by getting wet : *Dulcamara* 3. *Nephritis* caused by hard drinking or dyspepsia : *Nux Vom.* 1x-3x. *Nephritis* due to pregnancy : *Merc. Cor.* 6.

Try also—*Ars.* 30, *Cannabis Sat.* 6, *Lycopod.* 30, *Sepia* 6, *Sulphur* 30.

The patient should be kept uniformity warm, in a dry place. His diet should consist of slops—barley-water, fruit-juices, milk, whey (ghole), sharbets, ærated waters. He should avoid meat, wines and spices. Omit salt from diet.

ALBUMINURIA

The fluid portion of blood is made up of a chemical substance, alike in composition to the white of albumen of eggs. When the kidneys are diseased, this vital portion of blood is passed out with the urine and lost to our body. This condition is called ALBUMINURIA. In health, the kidney is such a perfect filter that it allows only the water and salts of the blood to escape holding back the albumin. Eating too much of meats, drinking alcohol freely, chronic lead-poisoning rheumatism, scarlet fever, influenza, frequent exposures to damp cold are the usual **causes** of albuminuria. Fever, thirst, nausea, frequent but often ineffectual urgings for urine, swelling of face, feet and hands, anæmia, secondary dilatation and hypertrophy of heart, and coma—are some of the prominent **symptoms.**

Treatment :

Cantharis 3 . Urine is suppressed as a result of nephritis. *Apis* 3x-3 : Hands and feet swell at the commencement of the disease. *Ars.* 3-6 : Exhaustion, restlessness, anxiety, thirst, skin is cold but patient feels hot, dropsy. *Ferrum Met.* 6 : Patient is suffering from dropsy and looks yellowish ; sensation of chill, vomiting of undigested food, heavy sensation on head, nose-bleed, fidgety temper. See under Hamaturia.

Try also—*Ferrum Phos.* 6x (*trit.*), *Plumb.* 6, *Terebinth.* 3, *Chelidonium* 1x, *Nux Vom.* 1x-3, *Merc. Cor.* 6, *Phosph.* 3, *Acid Phos.* 1x-6, *Sulphur* 6-30.

Diet and other measures—As under Nephritis. Omit salt from diet.

URETHRITIS (Non-Venereal)

Careless passage in of hard catheter, or passing out of hard concretions (calculi, stones) are the causes of this variety of urethral inflammation.

Treatment :

Aconite 3x internally and *Arnica* θ (applied locally as a lotion of 1 part in 10 parts of water). *Aconite* 1x : Burning sensation and fever attended with urethritis. *Bell.* 3x-3 : Fever, throbbing pain. *Cantharis* 6 : Smarting during micturition.

NEPHRALGIA

This is the neuralgic pain felt at the moment when a renal stone is about to leave the kidney.

Treatment :

Give a dose of *Cantharis* 6, or *Cannabis Sativa* 1x and apply hot fomentation to the loins.

HEMATURIA·

It means the passage of blood with urine.

Causes : Tubercle or stone in the bladder, parasite (Bilharzia), injury, malaria, pernicious fever, etc.

Treatment :

Terebinthina 3 is an all-round excellent remedy. If due to injury : *Arnica* 3x-3. In hæmaturia with pain in the kidneys : *Hamamelis* 2x. Hæmaturia due to exposure the cold : *Aconite* 1x-3. Bloody urine with red sediments : *Ocimum Cannum* 3x-30. In cases that are not well understood, or intractable, give *Cantharis θ*, *Thlaspi Bursa θ*, *Senecio θ*, *Millefolium* 1x, or *Arsenicum Hydrogenisatum* 3, according to their indications.

Keep the patient in bed and let him take only cocoanut-water, ærated or plain water, milk & milk-whey.

RETENTION AND SUPPRESION OF URINE

Retention of urine—in the accumulation of urine in the urinary bladder without being able to void it. It is due to loss of sense of distension as in typhoid fever or to mechanical obstruction (stone, stricture of urethra, etc.). In this condition, the lower abdomen swells and is painful. If the distension of the bladder is not relieved, it may burst and endanger life or the urine may be absorbed in part and render the patient delirious and make him collapse.

Treatment :

In the retention of new-born babies, make them inhale every 15 minutes, *Spt. Camphor θ*. If the retention was preceded by scalding pain in the urethra : *Spt. Camphor θ*. If owing to paralysis of bladder, urine, dribbles out : *Nux Vom.* 6 or *Causticum* 6. For hysterical women : *Nux Moschata* 2x, *Ignatia* 6, *Gels.* 6. For enlarged prostrate : *Puls.* 6 or *Baryta Carb.* 6. Some prefer to give alternately—*Aconite* 1x-3, *Gels.* 3x, or *Aconite* 3x, *Cantharis* 6—at the commencement of retention.

Suppression of Urine—In this condition, the kidneys fail to manufature the urine and the entire urinary poison is absorbed into the system, as in cholera, nephritis, etc. giving rise to coma, delirium, intense prostration, etc.

Treatment :

Due to acute nephritis : *Aconite* 1x-3 or *Terebinthina* 6. Due to cold : *Aconite* 3. Coma, coma vigil : *Opium* 6-30. Due to hysteria : *Ignatia* 3 or *Opium* 6. Due to cholera : *Terebinthina* 6, *Cantharis* 6, *Kali Bich.* 6.

Diet, etc. :—Keep the patient warm. Give hot fomentations over the bladder in retention and over loins in suppression. In suppression the diet should be the same as in nephritis. In retention the patient may be made to sit in a tub of warm water and made to urinate while in it.

URÆMIA (Acetonem a)

In cholera, albuminuria, nephritis, etc., where urine s wholly or partially suppressed, the poison that should have been eliminated with urine get absorbed into the system. This state of poisoning is called uræmia or acetonæmia. The symptoms differ, so that three types may be recognized. (1) TYPHOID STATE : Dry tongue, vomiting, feeble pulse. (2) CONVULSIVE TYPE : Headache, moist tongue, blindness, hiccup, vomiting, difficulty of breathing, twitchings, convulsions, coma. (3) COMATOSE TYPE : Pain at the pit of stomach ; rapid pulse ; deep sighing breathing, coma.

Treatment

Iodine θ (*m.* ½ per dose) vomiting of uræmia. *Terebinthina* 2x : A reliable remedy. This failing, give *Merc. Cor.*, *Ars.*, *Cantharis*, *Kali Bi.*, *Cuprum Acet* 2 : Valuable in coma. If after 3 doses (given every 15 minutes) there is no improvement, give *Opium* 3x, every 15 minutes. Opium failing, give *Urtica Urens* θ, (*m.* 5 every hour.).

Try also—*Ammon. Carb.* (lower potency), *Acid Hydrocyan* 3, *Kreosote* 3, *Plumbum* 6. Have recourse to vapour-bath and give only milk and fruit-juices.

CYSTITIS

This means inflammation of the urinary bladder—the result chiefly of cold, stone, gonorrhœa, or careless passage of catheter.

Symptoms : Pain and sense of heaviness in the pubic region, chill, rigor, straining at micturition, passage of mucus or blood or pus with urine. [In nephritis, the pain radiates from loins to groin ; in cystitis, from pubic region to loins.]

Treatment :

Cantharis 3 : Valuable in acute and chronic cases. *Aconite* 1x-3x : If due to exposure to cold wind. *Dulcamara* 3 : Due to exposure to damp. If due to nephritis or stone, with discharge of much mucus : *Pareira Brava θ* (*m.* 15-20). In the chronic cases : *Chimaphila θ* (m. 5.) or *Cantharis* 3. *Puls.* 3x-3 : If unable to retain urine, when urging for it comes, with nocturnal enuresis. *Acid Benzoic* 3x or *Acid Nitric* 6 : Smell of urine like that of horse's urine. *Sabal Serrulata θ*, 10-15 drop doses thrice daily.

Try also —*Bell.* 3, *Cannabis Sativa* 1x, *Kali Iod.* 6-30, *Apis* 3.

The patient should keep to bed and drink plentiful of fluids and have only slops for his diet. Washing out of the bladder with Acid Boric lotion (gr. 10 to 1 oz.) twice a day has much to be recommended. Warm fomentations may be applied to pubic region.

DIURESIS

This means frequency of urination or passage of urine which contains more water than solids.

Treatment :

Kali Carb. 6 : Frequent micturition at night ; urgings for urination, but urine is passed after much effort. *Carlsbad* 6 : Passage of urine after drinking water. *Ignatia* 3 : Urging for urine follow the drinking of coffee ; micturition of hysterical women. *Causticum* 6 : Diuresis of old men (especially at night). *Squilla* 2x : Copious or frequent diuresis ; diuresis at night.

Try also—*Acid Acetic* 3, *Nux Vom.* 3, *Cina* 3x, *Eupator Perf.* 2x. Avoid drinking after evening.

ENURESIS

Owing to partial paralysis of the muscles of urinary bladder or weak mentality or want of proper straining, children may make water in bed. In adults, urine dribbles out—and in them the causes chiefly are injuries due to delivery, stone, worms, gonorrhœa, etc.

Treatment :

Inability to control urine : *Ferrum Phosph.* 12x. In the old or in children : *Cantharis* 6. Due to enlarged prostrate or to stone in the bladder : *Gels.* 6. Due to hysterical fit in women : *Ignatia* 6. Due to worms (in children) : *Cina* 3x or *Spigelia* 6 or *Rhus aromatic.* (*m.* 5 per dose). Due to spermatorrhœa : *Acid Phosph.* 6-30.

Try also—*Erigeron* 2, *Bell.* 6, *Nux Vom.* 3, *Merc. Sol.* 6. Avoid the diets that cause the urine to be irritating *e.g.*, meat, spices, rich food. Avoid drinks at or about bed-time and cold water, tea, coffee, milk, etc. Avoid cold baths and heavy warm clothings at bed-time or too soft bed. Do no lie on the back. Make a habit of passing water late in the night.

STANGURY

It means a severe and urgent urging for making water, though the actual passage of urine is only in drops or not at all.

Causes : Stone in the bladder, gonorrhœa, nephritis, uterine discharges, worms, etc.

Treatment :

If attended with much pain and smarting, give *Spt. Camphor θ* (*m.* 2—4) on a lump of sugar, every 10 or 15 minutes ; also give it if due to overdose of cantharides. If it is simple strangury : *Bell.* 3. Frequent urging to urinate with cutting pain and pain in abdomen and burning pain in urethra during passage of urine : *Cantharis* 6. Due to swelling of extremities and of penis : *Apis Mel.* 6. Due to exposure to cold : *Acon.* 3x. Due to living in damp places : *Dulc.* 3x-30.

Apply hot fomentations or make him sit in a bath of hot water. Let him drink water freely.

Diet —Milk and barley-gruel.

URINARY CALCULUS or STONE

[Calculus is stone. Stone may form in gall-bladder, tonsils, veins, kidneys, urinary bladder, etc. These form in various shapes and sizes and colours. We deal here only with urinary stones.]

If a sample of urine is collected and while fresh brick-dust-like sediment falls to the bottom, we can suspect stones. At first they are like impalpable powder (sediment), then they look like sands or concretions ; they are called gravels when of the size of mustard seed ; when larger still, they are called stones.

RENAL CALCULUS : Stone may form in the kidneys and remain lodged there or may pass into the ureter giving rise to renal colic. If the stone remains lodged in the kidney, it gives rise to no symptoms ; occasionally however it may give rise to dull pain in the loins and pas and blood may be passed with urine. When however a small sharp stone passes down the ureter, it gives rise to the condition described before as Renal Colic. This colic like most other colics, *comes on suddenly and disappears suddenly*. In appendicitis there is fever but renal-colic is never associated with fever ; in gall-stone-colic there is more often jaundice, but in renal-colic there is no jaundice. Its starts in the loins and shoots down into the testicle and the patient is doubled up ;

there are nausea, vomiting, rigor, strangury, collapse, retraction of testicles.

In VESICAL OR CYSTIC CALCULUS—that is to say, in stone in the urinary bladder,—the stone may remain lodged or it may pass into the urethra, giving rise to pain. A sensation of weight in the bladder ; pain in the neck of the bladder, urethra, penis, vagina or rectum ; retention of urine or bloody urine or strangury are frequently felt.

Treatment :

(*a*) RENAL COLIC :

Apply hot fomentations to loins and let the patient sip hot water and give him *Berberis θ* (*m.* 5 every 15 minutes) up to 10 doses ; this failing, try the 6th potency of it.

Calc. Carb. 30, given every 15 minutes has been extolled.

If the patient writhes in agony and turns and turns about like a screw or squeezes his hands and moans, or groans or if he passes bloody urine or urine with brick-dust-like sediment : *Ocimum Canum* 3x-200, every 5 minutes (or may give the pressed out fresh juice of Basil plant leaves).

Stigmata Maydis (θ, m. 20) and *Magnesia Phosph.* 3x (*trit.*) in hot water have been extolled.

If pain increases immediately after micturition : *Sarsa.* 30, every 15 minutes.

Crampy pains with twisting of the body ; restlessness ; *Dioscoria θ*, every 15 minutes.

The failing try *Pareira Brava* θ, every ½ hours in 2 oz. of warm distilled water.

If brick-dus-like sediments, or sands are seen in urine : *Thlaspi Bursa Pastoris* θ (m. 10—15).

If all these fail, let the patient inhale Chloroform or get a hypodermic injection of Morphine Sulph. gr. ¼.

(b) STONE IN KIDNEYS :

Lyco. 6-200.—Brick-dust-like sediments in urine.

This failing try,—*Urtica Urens* θ (*m.* 5 per dose) or Croccus Cacti θ (*m.* 5 per dose). If urinary sediment is whitish (indicating the presence of phosphates) : *Acid Phos.* 2x.

Give **Graphites 6-30.**—If after standing, sour-smelling white sediments accumulate.

Chininum Sulph. 2x.—Sediment is brick-dust-like red or straw-like yellow and granular.

Berberis Vulgaris θ.—Pain in urethra, sediment is whitish at first, becoming like red pulp later. It suits left side best.

Sepia 6-30.—Sediment is white and sticky or slightly reddish.

Sarsaparilla 6-30.—Urine becomes muddy as soon as passed.

Acid Nitro-Muriatic 2x or Oxalic Acid 3-12.—Deposit of Calcium oxalic in urine. All these medicines are to be used 4 times a day.

Try also—*Bell.* 3x-30, *Opium* 3x-30, *Nux Vom.* 1x-30, *Silicea* 6-30.

(c) STONE IN BLADDER

Lithium Carb. 3x (*trit.*) **30,** to be taken 4 times a day to effect solution of concretion. Medicines indicated in paragraphs (*a*) and (*b*) may be tried according to indications. But it is better to locate the stone by X-Ray and have it removed by surgical means or crushed by lethotrite.

(d) PREVENTIVE TREATMENT (Renal)

Take *Lyco.* 200 occasionally. If there is pain in the loins and gravels are passed with pain, take *Berberis Vulgaris* 1x, four times daily. Those who are gouty or have uric-acid diathesis, should take *Urtica Urens θ* (*m.* 5) every 8 hours.

Avoid lime in pan or lime in drinking water drawn from certain wells; avoid meat, wines and highly seasoned dishes. Drink water freely.

DISEASES OF THE ORGANS OF GENERATION

Anatomy :—Testicles and certain glands near about them, secrete the spermatic fluid in the male. This fluid is carried from the testicles into two sacculated tubes lying behind the urinary bladder, called vesicles seminalis; from here they are squirted into the urethra, whence they are ejected into the female organs during the act of copulation and at the height of the orgasm. The testicles do not contain the spermatic fluid ready to be discharged ; its secretion is called forth by the sexual act, mainly through a secondary nervous centre residing in the lumbar region of the spinal cord.

NOCTURNAL EMISSION

This is the emission of semen during sleep ; it is hence called 'wet dream'. The act of emission is called forth by erotic dreams ; but if a man becomes a chronic sufferer, not only are dreams not necessary to call forth emission, but simply sleeping on the back or indigestion are quite enough to cause the discharge with or without the erection of penis. Later on, touching a woman, the sight of a woman or lascivious thoughts cause discharge ; straining at stool does it and so on. It is due to : masturbation, excessive horse-riding, tree-climbing, worms, urethritis, injury to head or spine, indigestion, etc.

Symptoms :—In one who is confirmed in it, bashfulness, melancholy, loss of memory, want of energy, loss of appetite and of power of application, constipation, debility, flatulence, palpitation, hcadache, anæmia, sinking of eyes in sockets, black rings around the eyes, cold and sweating of hands, etc., are the marks of this disease.

Treatment :

Agnus Castus 6.—Dullness and weakness of mind ; absent-minded ; sad, despondent, peevish, debility, loss of power of sexual act but not sexual instinct.

Bellis Perennis (*m.* 5 twice daily).—Due to masturbation.

Baryta Carb. 6.—Nocturnal emission following by depression ; palpitation ; debility.

Thuja θ (*m.* 5).—Excessive seminal loss.

Nuphar Lutea θ.—Nocturnal emission with debility.

Acid Phosphoric 3x-30.—Sexual debility due to excessive venery ; too early discharge during coitus ; mental depressions, loss of memory.

China 6-30.—Frequent sexual excitement ; nocturnal emissions ; pain in abdomen : buzzing in the ears ; face flushed ; dizziness ; frequent yawning, much debility.

Phosphorus 6-30.—Too early discharge during coitus ; diminution of sexual power ; anxiety ; palpitation : excessive seminal loss by masturbation ; loss of erectile-power.

Platinum 6.—Sexual loss in early youth and owing to masturbation ; there is early seminal discharge even without erection.

Nux Vomica 6-30.—Much sexual desire ; genital excitement after waking each time ; noctural emission due to exciting food ; tenderness of testicles ; constipation ; loss of appetite.

Cantharis 3.—Seminal loss due to gonorrhœa ; urine is passed in driblets ; strong sexual appetite.

Calc. Carb. 6.—Strong sexual passion but discharge occurs without erections ; pain all over the body ; debility.

In seminal loss due to masturbation : *Cantharis* 3 (for males) or *Planina* 6 (for females). Due to worms : *Cina* 3-200.

Try also—*Aurum Met.* 3x (*trit.*)-200, *Graphites* 30, *Puls.* 3-30, *Sulphur* 3-200, *Staphysagria* 6, *Gels.* 30, *Baryta Carb.* 6, *Ignatia* 6, *Argentum* 6, *Bufo* 200, *Caladium* 30, *Selenium* 30, *Acid Picric* 30, *Calc. Phos.* 12x (*trit.*). *Lachesis* 200, *Lyco.* 200, *Conium* 30, *Natrum Mur.* 30.

It is very important to remember that medicines have no effect unless one practises continence, becomes pure in thought and action, lives in open air, and a healthy life, avoid late or heavy dinners or night-keeping or study up to late hours at night ; one must bathe daily and exercise in the open air and avoid any food that is stimulating or constipating or productive of gas in the intestines or of hot scalding urine. The patient should go to bed early and rise early and never lie on his back.

HYDROCELE

This is an accumulation of water (serum of blood) in the bag holding the testicles. It may be one-sided or bilateral. The causes are unknown.

Treatment :

Spongia 3x-6.—During inflammatory stages. *Rhododendron* 3x-6 : Useful in the acute condition, especially if the right side is affected and if it is painful or if aggravation occurs before a storm comes on. This failing, try *Rhus Tox.* 6-30 (if aggravation occur on exposure to cold). *Pulsatilla* 6-30 : If the left testicle is affected and there is no pain and it increases very slowly in size. *Silicea* 6-30 : If aggravation occurs at the time of full-moon or new-moon. *Hamamelis* 0-6 : If the spermatic cord also is affected. *Arnica* 6-30 : If due to injury. *Calc. Carb.* 6-30 : Valuable in case of children. In congenital cases or in early stages of every case, *Bryonia* 3. This failing, try in succession : *Rhododendron* 3, *Puls.* 6, *Silicea* 6, *Aurum Met.* 6, *Graphites* 6-30.

Try also—*Apis* 3, *Iod.* 6, *Rhus Tox.* 6, *Sulphur* 30.

Get the hydrocele tapped by a qualified surgeon or have a radical cure done by operation.

ENLARGED PROSTATE

The prostate is a gland surrounding the male urethra just beyond its point of exit from the urinary bladder. Normally it cannot be easily felt by finger passed into the rectum ; but when inflamed, it can be so felt.

Try—*Ferrum Picricum* 2x-30 or better still, *Picric Acid*—in this troublesome condition of old age. If necessary get it operated by a skilful surgeon. (*Vide* Prostatitis, for indications of Sabal Serrulata).

PROSTATIS

It means inflammation of the prostatic gland.

Inflammation is usually due to gonorrhœal troubles and leads to pain in the penis, retention of urine and feces, intense pain at the time of micturition and defecation, passage of pus per urethra.

Treatment :

In the acute stage : *Puls.* 3. *Merc. Sol.* 6. In subacute stage : *Kali Iod.* θ gr. i. In chronic stages : *Puls.* 6, *Acid Nitric* 30, *Thuja* 6-30 or *Sabal Serrulata* θ (*m.* 5 per dose) *Chimaphilla umbellata* θ-30. In hypertrophy of the prostate (characterized by acute pain during micturition or inability to make water except with the help of catheter), give *Sabal Serrulata* θ (*m.* 5 per dose). This drug is also useful in sexual debility of males. When pus forms, in acute stage : *Merc. Sol.* 6 or *Sulphur* 6. In chronic stage : *Sulphur* 30 or *Acid Nitric* 30.

Keep the patient in bed and apply hot compress.

SCROTITIS

The bag in which the testicles are lodged is called scrotum. It may get inflamed easily and inflammation of it is called scrotitis. This inflammation very easily merges into gangrene. Scrotitis may cause constitutional symptoms like chill, rigor, fever, dry brown tongue, delirium, etc.

Treatment :

Apis Mel. 3x-6.—Skin is swollen and painful, with unbearable heat ; stinging pain. *Ars. Alb.* 3x : In threatened or real gangrenous state.

Silicea 30-200.—If worse at the time of new-moon.

ORCHITIS

It means inflammation of the testicles and its coverings. It is the result of gonorrhœa or syphilis and accumulation of serum or pus may occur; the ball swells in consequence and it may be a painful or painless swelling.

Treatment :

Puls. 3—In acute condition. *Acon.* 3—High fever and restlessness. *Bellladonna* 3x-3—The part is red, swollen, hot, unbearably painful. *Hamamelis* 1—The part is hypersensitive. Also apply locally a lotion of *Hamamelis θ* (1 part to 15 parts of water). *Spigelia* 3—Swelling of the testicles, stitching pain in chronic conditions. *Clematis* 3—In chronic orchitis due to gonorrhœa. *Aur. Met.* 30—Enlargement of and pain in testicles. *Merc. Bin.* 3x—In syphilitic enlargement of balls. In neuralgic pain of testicles : *Aur.* 30. *Orchitis* associated with nocturnal emissions, melancholy, fidgety temper : *Hamamelis* 3. In impotance : *Conium* 3.

Try also—*Arnica* 6, *Sepia* 30, *Sulphur* 30, *Silicea* 6, *Hepar* 30, *Merc.* 3.

Use a suspender—never allow the organs to dangle. Apply plenty of cold water to the part and keep bowels free.

IMPOTENCE

Inability to perform the sexual act is called impotence. It is due either to psychic causes or the local defects. A particular individual may be potent to one girl and impotent to another. Injury to the spine and excessive venery are contributory causes.

Treatment :

Sabal Serrulata θ (*m*. 5-10)—Impotence due to debility. *Arnica* 3x-3—Due to trauma. *Hypericum* 1x—Due to spinal injury. *Agnus Castus* 2x-3—In the early stage of the disease. *Acid Phosphoric* 1-3—Due to excessive venery. *Nux Vomica* 3-30—Constipation, loss of appetite, melancholy. *Lycopod*. 30-200 – In chronic stage—*Anacardium* 6-200—Valuable to youths who dread marriage in view of their past free sexual indulgence. These failing, try—*Bufo* 30, morning and evening. Sometimes one has to use *Bufo* 1000.

Try also—*Cuprum Acet*. 6x (*trit*.). *Selenium* 6, *Gels*. 1x-30, *Calc. Carb*. 30, *Phosph*. 200, *Sulphur* 6-200.

We have no particular diet or mode of life to recommend except a clean one ; but we have to warn the public against resort to so-called well-tired aphrodisiac remedies so widely advertised. They benefit none but the advertisers.

OTHER DISEASES OF THE MALE ORGAN

Phimosis

This is an inability to completely uncover the tip of the male organ (called glans-penis); inability to retract the fore-skin (or prepuce).

Treatment.—*Merc. Cor.* 6—If the fore-skin is fissured. *Rhus Tox* 3—If the fore-skin itches or is inflamed. *Cannabis* 3x—If the skin is inflamed, red and swollen.

Para-Phimosis

Is inability to draw back the fore-skin which has once been drawn up. Try, *Colocynth* 6.

Balanitis

It is an inflammation of the mucous lining of the glans-penis.

Treatment.—*Nitric Acid* 6.—Skin itches and burns and pimples or scabs form on it. *Pulsatilla* 6.—If yellowish pus accumulates under the prepuce. *Thuja* 30.—Warts or mucous patches form. The part should be kept scrupulously clean by washing frequently in distilled water.

Masturbation

(Onanism or Self-abuse or Secret Vice)—This is hand-pollution. *Cantharis* 3x is good for males; and *Platina* 6 for females. *Origanum Majorana* 3.—Immediately before meals leads to break up the habit. *Ustilago* 3.—

Where the desire is uncontrollable. *Bellis Perennis* 3 is also extolled. In the sequellæ following this habit, *Phosphorus* 6-200, *Sulphur* 12, *Acid Phosph.* 1-30.

Moral measures, hard bed, strict regimen and regulated exercise are essential in breaking off the habit.

Nymphomania, Satyriasis

Excessive sexual desire or excitement in females is called 'Nymphomania', and that in males 'Satyriasis'. *Platina* 6-200 (for females) and *Picric Acid* 6 (for males) are extolled. These failing, try irrespective of sex—*Moschus* 3x, *Cantharis* 6, *Mezereum* 30, *Cannabis Sativa* 1x-3, *Cimicifuga* 3x, *Hyoscyamus* 3-30. .

Sexual Debility and Apathy

In sexual debility of males, give *Acid Phosphoric* 1-6, and *Gels.* 1x-3. In sexual apathy of females, give *Amon. Carb.* 3x and *Graphitcs* 6. In males, if the debility be a naturally sequel of events or the result of excessive venery, give *Sabal Serrulata θ* (*m.* 5-7) twice daily. If the debility is partial, *Calc. Carb.* 6 ; if complete, *Gels. θ.* If it is due to excessive sexual indulgence, *Lycop.* 30, *Acid Nitric* 6-30. If *Lycopodium* fails, give *Agnus Castus* 1.

SYPHILIS

Syphilis is called venereal disease, because it is in most cases, the result of impure coitus. It is important to grasp three facts at the very outset. (1) That syphilis is highly communicable from one individual to another by mere contact and also from parents to offsprings.

This communicability holds good in the primary and secondary stages. (2) That syphilis is produced by other means than coitus in the usual way. A surgeon or a dresser carelessly handling a syphilitic, may inadvertently transfer the disease to healthy individuals. (3) That all sores on the penis are not necessarily syphlilitic.

The usual history of an attack of syphilis is this— A man co-habits with a woman who has syphilitic sore inside her genitals. During the act of coition, he may *abrade* his penis and this abrasion, visible or invisible, does not occasion any trouble at the time. For 2 to 4 weeks nothing unusual occurs; this period of 2 to 4 weeks from the date of co-habitation is called *Primary Incubation Period*. At the end of this period and at the spot where the abrasion took place during coitus, a painless, hard and single pimple appears; gradually its top erodes and it looks like a crater with hard raised margins. This is the *Primary sore* or Hard or Hunterian chancre, and with its appearance, the glands in the groin become enlarged and tender but seldom ever suppurate. Headache and slow fever commence. The sore lasts nearly 2 to 6 weeks and often heals up of itselef, causing simultaneous subsidence of the glandular inflammation (bubo). From the appearance of the hard chancre to its cure is the *Primary stage of syphilis*.

At the end of three to four months of this stage, begins the *Secondary stage*. The period elapsing between the subsidence of the primary stages and appearance of that of the secondary is called *Incubation Period*. It is in this dreaded secondary stage that syphilis is communicable pre-eminently and we find fever, sore-throat, enlarged glands, falling off of hairs, pain in joints, tumours of testicles, sores on toes, warts, deep eye-troubles (iritis), and various skin-eruptions coming out. Miscarriage and painful swellings on bones (nodes) occur in this stage. A patient may have no furthur trouble after this—and may go through the rest of his life comfortably. But what usually happens is that after a variable latent period of 20 years or more, he goes in for—

The Tertiary stage. In this stage, deep seated brain and spinal-cord troubles and deep-seated eye-troubles come on—bringihg on paralysis & blindness. Deep-bone-troubles and soft growths (gummata) occur during this stage. Skin-eruptions, deep-seated throat or mouth-troubles often appear too.

To sum up, we find in succession—

1 Initial abrasion (not troublesome)
2. Primary Incubation Period : 2 to 4 weeks.
3. Primary Sore : Hard chancre and Bubo.
4. Secondary Incubation Period : 3 to 4 months.
5. Secondary Stage : Chiefly skin-eruptions.
6. Tertiary Incubation or Latent Period : one to several years.
7. Tertiary Stage : Deep-seated nervous troubles.

Remember in this connection—(1) that the cause of syphilis is a very minute germ called Spirochete Pallida ; (2) that by the time the primary sore (hard chancre) has appeared, the syphilitic poison is well established in the system and whether the chancre cures or not, does not matter much so far as the spread of the poison in the system is concerned ; (3) that though in common parlance one speaks of "mercurial eruptions" while referring to syphilitic troubles, it is an absolute misnomer and a blind hypothesis, is as much as mercury never causes any eruption of any kind ; (4) that syphilis is practically an incurable disease ; all that can be claimed is that patients may be rendered practically free from all its troubles and can marry with some amount of safety ; and (5) that the Wasserman Reaction, so difficult of obtaining because of its being so delicate, affords only a rough working basis for determining whether or not there is any active manifestations of the spirochete. Let us here emphasize with all the honesty that we possess, that the blood of human society shall be upon the head of that practitioner who contributes to perpetuation of the disease by his wrong or supposedly right method of cure.

Treatment :

Mercury is the true antidote in all stages. Use *Merc. sol.* 6, regularly from the appearance of the chancre. If the disease is rather of a severe type use instead, *Merc. Proto Iod.* 2x. In the tertiary stage, *Kali Iod* (gr, 5 to 30 per dose, thrice daily) is better. In all stages use *Syphilinum* 200 (*m.* 1) once every 3 months, suspending all medicines two days before and after its use.

The following accessory medicines may also be used :—In glandular troubles (bubo, etc.)—*Phytolacca* 3. In purulent skin-eruptions—*Graphites* 6. In copper coloured eruptions—*Sulphur* 6. In much purulent secretions—*Silicea* 30. In acrid discharges—*Ars.* 6. In *chronic* affections of bone or nose or breaking down of the nasal bone—*Aurum Met.* 6. In sores that cause too much destruction of tissues (phagedenic sores) or where mercury has been over-used : *Acid Nitric* 6. In watery growths (cauliflower excrescences) : *Thuja* 6. In affection of bone and gums due to syphilitic poison or to mercury : *Hepar Sulphur* 6-30. In nocturnal aggravations of pain in bones (which is very characteristic of syphilis) : *Mezereum* 6. In eye-troubles : *Cinnabaris* 3x (*trit*,). In rheumatism : *Kali Iod.* 0-30, *Phytolacca* 3.

Sores and ulcers must be dressed with Calendulla lotion or decoction of neem-leaves. Glans, etc. may be poulticed when they threaten to mature. Alcohol, night-keeping, etc. should be given up. Baths may be encouraged and oral cleanliness must be insisted on.

Preventive Measures : Prof. Osler recommends the use of "Calomel-ointment" before and after impure coitus.

CONGENITAL SYPHILIS

This is an equally dreadful form of the malady and affects the child from its intra-uterine life. Within six weeks of its birth, secondary skin-eruptions are seen on its palms and soles, buttocks and abdomen and the child has risks of dying from wasting or marasmus.

Treatment :

Let mother have *Merc. Iod.* 6 during pregnancy and the child (after birth) the same medicine.

Please read Appendix B for further information of a detailed character.

CHANCROID (Soft Chancre)

It is caused by Ducrey's bacillus and the chancroid appears within a few hours as a pustule which rapidly ulcerates It is as a rule multiple—often on adjoining surfaces. The ulcer is yellow, irregular, punched out, without sharply-cut edges, the base being soft and inflamed. The discharge is free and purulent, no induration being perceptible. A single bubo appears within three weeks of the appearance of the chancroid and it is very amenable to treatment. Negligence may cause even gangrene of the male-organ and death.

Treatment :

Merc. Sol. 2x (*trit*)-6. If this fails, give *Acid Nitric* 3-6. If gangrene sets in, use *Ars.* 3. Read our book on diseases of the Generative Organs or Sexual Ills (in Bengali).

GONORRHOEA

Gonorrhœa is the result of cohabitation with one suffering from the disease and is characterized by inflammation of the urethra in the male or vagina in the female, with discharges of pus therefrom. It is *general*, when after several weeks, anæmia and local cauliflower-like excrescences occur on the genital ; it is *local*, when nothing of the kind occur. Both are contagious but are due to different kinds of viruses. For *two* kinds of Gonorrhœa, *vide* Hahnemann's *Chronic Diseases*, pages

149—159 and Kent's *Lectures on Homœopathic Philosophy*, pages 166—175.

(*a*) GENERALISED INFECTION ON REAL GONORRHŒA. —It is caused by the 'gono-coccus' germ getting into the urethra or the conjunctiva of the eyes. The usual means whereby gono-coccus from the urethra of one suffering from it is transferred to a healthy individual is by sexual act or by careless use of soiled personal linen belonging to a sufferer. In the male, the urethra, and in the female, the vagina are the usual seats of disease. It may in the latter, extended to the rectum.

Within 25 to 48 hours of infection, the meatus (or the orifice of the male urethra) becomes itchy and red and, very soon, the passage of urine becomes very painful. The inner lining of the urethra becomes inflamed and ulcerated, discharging at first thin and then thick greenish pus. Simultaneously there constantly occur by erections of the penis, tenderness of the testicles and bubo, and severe smarting on attempting to micturate. In the case of the female, all these occur with reference to the vagina.

Roughly speaking, in the male, the—

1st Stage—lasts 2 to 3 days and is characterized by thin whitish discharges.

2nd Stage—lasts 2 to 8 weeks and is characterized by thick creamy purulent discharges.

3rd Stage—lasts 3 weeks or so, and is characterized by thick muco-purulent discharges.

The third stage is called the *gleet* stage and it may last an indefinite period. The second period is the most painful one. It is important to remember that while syphilitic pains are aggravated at night, those due to gonorrhœa are aggravated in the day time.

Complications : Chordee (painful erections), balanitis, phimosis, para-phimosis, orchitis, vaginitis, bloody urine, warts, ophthalmia, rheumatism, stricture (or narrowing) of the urethra, retention of urine.

Treatment :

At the onset—*Sepia* 30. During inflammatory or 2nd stage : *Aconite* 3x (fever and early stage of inflammation). *Cannabis Sativa* θ : Inflammation subsiding, frequent urination, pus in urine, blood in urine, much smarting. During decline stage—At first *Thuja* 6-30 ; then *Acid Nitric* 6-30 (especially if much mercury has been already used). In the gonorrhœa of females : *Copaiba* 3x, *Sepia* 30.

Treatment of complications :—

Balanitis.—*Merc. Sol.* 6 ; local application of Calendula of (*m.* 10 in 1 oz. of water).

Phimosis.—*Merc. Sol.* 6, *Guaiacum* 2x ; local application of *Hamamelis* θ (*m.* 2 in 1 oz. of water). If necessary, have recourse to surgery.

Para-phimosis.—*Merc. Sol.* 6 and local application of *Hypericum* (*m.* 2 in 1 oz. of water).

Prostatitis.—See p. 346.

Orchitis.—*Phytolacca* 3, *Clematis* 3.

Vaginitis.—*Carbo Veg.* 6, *Puls.* 6.

Bloody urine.—*Cantharis* 3x.

Rheumatism.—*Thuja* 30, *Phytolacca* 3 (due to gonorrhœa), *Puls.* 6 (due to sudden stoppage of discharge), *Bryonia* 6, *Acid Nitric* 6-30.

Gleet.—*Thuja* 30, *Acid Nitric* 6.

Have urethral irritation with *Hydrastis* θ (1 part in 10 parts of water).

Stricture (or narrowing of the urethra): *Cantharis* 3x-3. Try catheter and follow its use by *Arnica* 3.

Rest in bed is essential. Riding on horse-back or on cycle is particularly injurious. Avoid constipation, meat, eggs, spices, rich or stale foods, hard labour, drinking alcohol, tea or coffee, smoking or chewing tobacco. Take freely of plain or cocoanut water, sharbet, linseed tea, fruit-juices, milk, etc. Use a loose suspensory bandage and dip the penis frequently in hot water.

Homœopaths are of opinion that real syphilis and gonorrhœa can attack a man only once in his life-time. See Appendix B.

(*b*) LOCALISED GONORRHŒA : This is an acute disease, in as much as it has onset, acute stage and decline stages. Real or generalized gonorrhœa is on the other hand a constitutional disease. A virus is the cause of this form of gonorrhœa ; it is locally inocculated and remains a local trouble ; a few weeks later, if in addition there are muco-purulent discharges from the urethra, and no cauliflower-like watery growths locally, and the patient does not become anæmic, we may safely assert that the disease is localised This disease is very amenable to treatment and is very common in this country.

Treatment :

Petroselinum θ m. 5 daily, If this fails try these :— Discharge is bloody : *Cantharis* 3x. Discharge is milky : *Copaiba* 3x. Discharge is sticky and colourless : *Cannabis Saiva* 3x. Mucous discharge : *Capsicum* 3. Purulent discharge : *Natrum Mur.* 30. Yellow discharge : *Hepar Sulphur* 30. Greenish discharge : *Thuja* 30. Albumen-like or pinkish discharge : *Petroselinum* 30. Foul-smelling discharge : *Carbo Veg.* 6.

If health has broken down owing to use of Allopathic medicines, use medicines indicated under 'Drug disease'. Adopt the general measures indicated under the treatment of Generalized Gonorrhœa.

BUBO

Bubo means an inflamed gland ; but in its generally accepted sense, the inflamed glands in the groin as the result of venery are meant, Any trouble in the hands or fingers causes the glands in the arm pit to get inflamed ; any trouble in the lower extremities affect the glands of the groin ; troubles of the mouth, affect the glands beneath the lower jaw, etc. When bubœs mature, they give rise to fever with chilliness.

Treatment :

If due to syphilis or gonorrhœa : *Merc. Sol.* 3-6. If mercury has been long, give—*Acid Nitric* 6, instead. If no effect follows in 60 hours, try *Carbo Animalis* 6, or *Baptisia* 6, which almost certainly abort suppuration. If bubo threatens to maturate, apply poultice and take internally, *Carbo Animalis* 6, or *Badiaga* 6 and apply *Calendula* θ (1 dram to 1 oz. of water). If it becomes phagedenic (*i.e*, becomes corroding in nature), take *Kali Iod.* θ gr. 5 thrice a day, and dress the ulcer with calomel-lotion. *Hepar Sulphur* 6-200. Bubo suppurated (especially in those who have used much mercury). *Silicea* 3x-30 : Where sinus threatens or has taken place.

It is better to limit the movements of the patient. When pus has threatened, apply warm poultice. When pus has actually formed, have the bubo lanced. After the incision, the patient should not move about or else sinus may form. It is a wrong superstition that milk or fish or meat diet badly influences upon ulcers. Any light diet is permitted.

OTHER COMPLICATIONS OF VENEREAL DISEASES

Ulcerations in eyes or throat etc. :—*Jacaranda Gualandi* θ *m.* 5 twice daily. If urine has invariably to be drawn off by catheter : *Solidago Virg.* θ-3x, *m.* 3—5, thrice daily (especially if there be pain in the kidneys, scanty urine passed with difficulty and dark urine with sediment).

In enlarged prostate, where catheter is invariably required :—*Sabal Serrulata* θ *m.* 5-10, twice daily (especially suited to old men).

In rheumatism (especially of women):—*Viscum Album* 0-3x.

Insomnia :—When the patient is much exhausted: *Gels.* 0 (*m.* 3 per dose), *Coffea* 6, *Cimicifuga* 3x-30 (if insomnia is due to pain). *Puls.* 6 : if insomnia is in the first part of the night; and *Nux Vom.* 6 (if insomnia is in the last part of the night).

DISEASES OF THE SKIN

Introduction :—Every one should bear in mind that such an extensive surface as the skin is not a mere covering; it is someting else too,—more important than a mere covering. It it one of the most important excretory organs of the body, especially in this tropical climate. Regarding its anatomy, it is made up of three layers, which are from above downwards—(1) external, *epidermal* or scarp-skin layer; it contains no nerves or blood-vessels, (2) Middle or *colour bearing layer*; (3) Internal or *Dermal* or true skin layer. The last one is richly supplied with blood-vessels and nerves. The skin continually gives off heat, water (as sweat) and an oily fluid. Sweat is a mixture of water, fat and other chemicals and is poured out by *sweat glands*. That which helps to keep our skin smooth and healthy is called Sebum (fat). This oil is secreted by *sebaceous glands* that are situated in the skin.

It is important to remember (1) That between the kidneys and bowels, the skin shares the elimination of waste products from the body. Hence in cholera, or in diabetes the skin is dry. In hot weather, there is more perspiration than urine. (2) That most of the soaps act as irritants to the skin and their liberal use is often injurious to the health of the skin. (3) According to Homœopathy, every skin-disease, except those rare few due directly to dirt, is a constitutional disease manifested on the skin ; hence, it is not only useless to seek cure them by external applications alone, but positively injurious ; external applications only drive the skin diseases inwards (constitutional). Hence in skin-diseases, one ought to take medicine internally without hesitation.

Treatment :

General characteristics of medicines used in the treatment of skin-diseases.

Thuja 30.—Diseases following vaccination.

Bacillinum 200.—For skin-troubles of persons of tuberculous or scrofulous diathesis.

Bellis Perennis 3x.—Due to sudden exposure to cold or damp.

Dulcamara 6.—Due to rains or to living in damp places.

Arnica 3-30.—Due to injuries or accidents.

Hypericum 30.—Due to injuries to nerves.

Dolichos 6.—Itching without any manifestation of skin eruptions.

Acid Carbolic 6.—Vesicular eruptions all over, very much itchy ; rubbing allays itching but leaves smarting.

Mezereum 30—(1 dose daily): Skin-diseases like eczema, etc., that are apparent in winter only.

Spongia θ (*m.* 2 twice daily): is good for all skin eruptions. Eating of onions is said to remove ill health and yellow tint of skin. Vinegar-rubbing is said to make rough skin smooth. Rubbing of fresh lime-juice is said to soften and render the hand snow-white. *Cornus Alternifolia* θ (*m.* 5) taken daily cures cracks of skin.

URTICARIA

Eating of crabs, lobsters or certain edibles; constipation, cold, etc. have been held responsible for this disease, which comes on suddenly and disappears suddenly, within a few hours or days. The skin becomes itchy, swells in flat patches which are elevated and have a white centre and red margin.

Treatment :

Aconite 3x.—As soon as fever, heat, thirst and red papules appear

Urtica Urens 3x or Apis 3x.—The papules are white in the centre and red at the margins, have burning stinging pain or have irritating or titilating sensation. [If eruptions suddenly disappear and diarrhœa and delirium supervene, give *Urtica*; if eruptions are much swollen, and have stinging sensation, give *Apis.*]

These two failing, give *Chloral Hydrate* 3x.

If due to degestive troubles : *Antim Crude*, *Nux Vom.* or *Pulsatilla.*

If due to exposure to cold : *Dulcamara.* In the chronic stage of the disease : *Apis*, *Arsenic*, *Sulphur*, *Quinine Ars. Natrum Mur* —all in the 6th potency.

All medicines failing, give *Skukum Chuck* 3x (*trit.*). Omit all irritating articles of diet.

SCABIES AND ITCHING OF SKIN

It is a parasitic skin disease, caused by an insect which burrows into the epidermis, at the end of which burrow the vesicle appears. The eruption is polymorphic (vesicular, papular, pustular, etc.), and is intensely itchy. It usually commences between the fingers.

Treatment :

Wash the eruptions in fresh decoction of neem-leaves (or Lavender oil) and take *Sulphur* 30 occasionally, *Fagopyrum* 2-3 : If there is maddenning itchiness all over the body. *Mezereum* 3 or 30 : Some portions of the body are so itchy that patient draws blood in his zeal for scratching. *Dolichos* 3 : Patient feels relief by rubbing the affected part against the wall.

Try also—*Sepia*, *Calc. Carb.*, *Ars* , *Hepar Sulphur*, *Nux Vom.*, *Merc. Cor.*, *Psorinum*, *Lycopod.*, *Croton Tig.*, *Causticum*, *Staphysagria*—all in 30th potency.

ECZEMA

This skin trouble is the result of some external irritant or constitutional trouble. Those who have psora (see Appendix B) suffer from eczema. To cure their skin-trouble by local applications, is to drive the trouble under the skin. Hence always treat the patient constitutionally. Bright-red, hot and burning papules; these may take the form of vesicles and discharge freely, becoming covered with crusts.

Treatment :

Rhus Ven. 3, *Rhus Tox.* 6, *Sulphur* 3, *Sepia* 6, *Ars.* 3, *Graphites* 6, *Merc.* 6, *Carbo Veg.* 6, according to their indications.

Keep the patient cleanly. Avoid meats, sweets and highly seasoned foods.

KAOOR

(or, eczema of the lower extremities)

If is a form of eczema, affecting chiefly the lower extremities.

Treatment :

Rhus Tox. 6, *Silicea* 30, *Sepia* 30, *Anthracinum* 30, *Puls.* 6, *Natrum Mur.* 30, *Merc.* 3, *Lachesis* 6, *Graphites* 30.

ULCER

This is an open wound or sore caused by injury, burns, pressure and exposure to burning heat or some other similar sources. It may be due to imperfect circulation, infection or malignant diseases such as syphilis, etc. In some cases there may be profuse thin acrid discharge or, pure pus.

Treatment :

Ars. 6-30.—Ulcer bleeds, has burning sensation, margins indurated and hot ; bloody or blackish pus exudes. *Sulphur* 30, *Calc.* 30 : Ulcer due to scrofula. *Bell.* 3x : Ulcer red, with burning pain. *Silicea* 30 : Ordinary ulcer slowly supurating. *Hepar Sulphur* 30 : To lessen the secretion (especially in cases of syphilis). *Merc.* 6 : In Syphilitic. Ulcer. *Sulphur* 30 : Chronic intractable ulcer. *Calendula* θ : When gangrene commences : (1 oz. in 12 ozs. of water, should be applied locally).

Chronic Ulcers · Ulcer bleeds easily, has burning sensation, is painful and its margins are hard : *Ars.* 30. Foul-smelling thick pus, itchiness, stinging sensation, sinus with exuberant granulations : *Graphites* 6. Gangreneous ulcer here and there, with pimple-like eruptions around them, the ulcers discharging fœtid pus : *Lachesis* 6. Itchiness, gnawing or cutting pain ; ulcer bleeds easily on touch, the blood being foul and sour-smelling : *Acid Sulphur* 6 (useful also in gangrenous ulcers that have reached down to bone). In abuse of mercury and the presence of sinus : *Lycopod.* 12 or *Acid*

Nitric. 6. Deep ulcer, with raised margins ; ulcer is like a pucture and is red ; aggravation of pain on touch ; ulcer bleeds readily : *Merc. Sol.* 6.

Try also—*Calc. Fluor.* 12x (*trit.*), *Silicea* 30, *Hepar Sulph.* 30. Apply Calendula-lotion [θ ten minims in 6 drams of water].

BOILS

These are localized inflammations due to inoculation with staphylococci or streptococci. These may go on to suppuration or subside of themselves. Inflammations associated with hair-follicles are called boils.

Treatment :

Localized inflammation with throbbing pain but with no formation of pus : *Bell.* 1x. Boils that are about to suppurate or mature : *Merc. Sol.* 6. If it threatens to become putrid and is associated with burning sensation and debility : *Ars.* 6-30. To abort a boil : *Hepar Sulphur* 6-200. To mature a boil : *Hepar Sulphur* 2x (*trit.*)—especially useful if there is mercury in one's system. If a boil discharges much pus or it becomes chronic : *Silicea* 30. If small in size : *Arnica* 6. If repeated crops of boils appear *Sulphur* 30. If repeated painful boils appear that resist ordinary treatment : *Echinacea* θ (*m.* 6 twice daily). To putrid boils apply a lotion of 1 part *Calendula* θ in 10 parts of hot water, *Hypericum* 200 given internally (with hot fomentatins locally) at commencement of dangerous and poisonous boils cuts short its course. The Homœopathic World for January 1919 records the curative power of *Hypericum* 200 in cases of epidemic of boils.

ANTHRAX or MALIGNANT PUSTULE

This is an acute infection from cattle, caused by *bacillus anthracis*. It penetrates the abrasions or wounds, where one or more pastules form, two or three days after infection. After one or two days, its centre sloughs and the neighbouring glands swell and continue to spread. Severe constitutional symptoms supervene.

Hypericum 200.—Internally and locally.

Anthracinum 30.—If blood is poisoned and severe smarting occurs.

Lachesis.—The pustules are bluish or blackish.

Malandrinum 30.—Pustules resemble those of small pox ; diarrhœa, black stools.

Try also—*Bell.* 3, *Ars.* 3, *Apis* 3x, *Carbo Veg.* 6, *Hepar Sulphur* 6.

SOME COMMON SKIN-TROUBLES

Pimples.—*Aconite* or *Rhus Tox.* Apply soda bicarb lotion or sandal paste.

Dry skin of winter, with tendency to crack.—*Agaricus* 6-30. Apply locally *Tamus θ* in equal parts of glycerine. Try *Puls.*, *Rhus Tox.*, *Sulphur*, Petrol, etc.

Ring-worms or Mustaches.—*Lyco.*, *Merc. Iod.*, *Graphites*, *Antim Crude*, *Sulphur*.

Warts.—*Thuja* 1x-30, *Antim Crude* 6, *Dulcamara* 6, *Causticum* 6. Locally—*Thuja 0* or lime.

Pityriasis.—*Kali Carb.*, *Acid Nitric*, *Natrum Mur.*, *Cantharis*, *Graphites*, *Sulphur*.

Acne.—(facial) : *Antim. Crude.*, *Antim Tart.*, *Carbo Animalis*, *Ars.*, *Puls.*, *Kali Bichrom.*, *Petrol.*, *Acid Phosph.*, *Sulphur*.

Corn.—*Ferrum Picric* 3 (in acute cases), *Acid Nitric*. 1 (if inflamed and suppurated). Local application of *Hydrastis 0* 1 dram in 1 oz. of vaseline.

Ring-worm.—*Bacillinum* 30-200 once a weak. Apply locally *Acid Chrysophanic*, 4 grains in 1 oz. of vaseline. If this fails, try, *Natrum Sulph.* 200-500 once a month.

Try also—*Tellurium*, *Hepar Sulphur*, *Phosphorus*, *Acid Nitric*, *Rhus Tox.*, *Sepia*, *Graphites*, *Sulphur*, *Merc. Cor.*, *Caladium*, *Seguinum* (especially in the case of women)—all in 6-30 potency.

CANCER

This is a kind of malignant tumour which has a tendency to grow in various and vital parts of the body and to cause serious constitutional symptoms. *Causation*—unknown.

Treatment :

Carcinosin 30-200.—Only one dose once or twice a month.

Ars.—Burning pain, aggravated at night and especially in the early hours of morning ; disease abates in warmth and aggravates in cold.

Condurango 6.—If the tumour is on chest.

Conium 30.—Tumour due to injury or occurring on chest.

Kali Cyanatum 3.—In tumours of tongue.

Lachesis 6.—Scarlet deep blue or ash-coloured malignant ulcers.

Silicea 6.—Inability to bear gusts of wind.

Sulphur 6.—Exhaustion at 10 A. M., extremities cold, head warm, aggravation at bed-time.

Try also—*Hydrastis* θ-6, *Phytolacca* 1, *Thuja* 3x, *Ruta* θ, *Sanguinaria* 1, *Calc. Iod.* 3x, *Phosphorus* 6, *Echinacea* θ (*m.* x). Resort to surgical measures.

CARBUNCLE

It is a malignant and magnified boil, affecting chiefly those whose tissues are devitalized (as in diabetes) and attended with extensive local destruction of tissues and constitutional symptoms of a grave nature. The local mischief is great ; the boil is huge in size, gives unbearable stinging pain and the skin over it breaks in several places through which pus and dead tissues (sloughs) protrude. Sleeplessness, rapid exhaustion, loss of appetite, high fever with delirium are common.

Treatment :

Anthracinum 30 given at the outset aborts the disease. Failing this, try—Affected part is red and swollen with burning or stinging pain : *Apis Mel.* 3. The boil becomes putrid : *Ars.* 3-30. The part is shiny-red with stabbing pain or aching or sudden twitching pain ; somnolence but no sound sleep : *Bell.* 30 (valuable before pus forms). Burning pain, bloody or fœtid smelling pus, weakness : *Carbo Veg.* 6-30. Intense pain, burning sensation, fœtid pus, gangrene of underlying tissues : ***Silicea*** 30 or *Lachesis* 6, *Tarentula Cubensis* 30 relieves pain admirably.

Boric compress given hot is beneficial. Greasy stuff like ointments, ghee, etc. are to be studiously avoided. When pus appears, use Liquor Hydrogen Paroxide and antiseptics without hesitation. An auto-vaccine prepared from the patient's own pus is very successful now-a-days, practically abolishing the use of the knife. Regularly examine the patient's urine and feed him well up. Give some fruits, or fresh vegetable-soup daily.

WHITLOW

This is a deep-seated infection of finger. As pus forms very deep inside the tissues, it is a most painful affection ; nnless promptly taken on in hand, it causes local destruction of an irreparable nature.

Treatment :

In early stage, when pain is in the bones : ***Silicea*** 3x-30. If fever is present, some use it alternately with ***Bell.*** 6.

If the finger is blackish, and there is much burning sensation and pain : *Ars.* 6. But if it is bluish : *Lachesis* 6. If pain is unbearable (in early stage) : *Merc. Sol.* 6, *Hepar Sulphur* 6, *Stram.* 6, *Ammon. Carb.* 30, *Boric Acid* 6.

Try also—*Anthracin* 30, *Apis* 3, *Graphites* 6, *Sanguinaria* 1x, *Bryonia* 6, *Causticum* 6, *Ledum* 6, *Acid Nitric* θ *Dioscoria* θ, *Phosphorus* θ applied locally relieves pain. Apply poultice or hot compress and make an early incision.

BURNING SENSATION OF THE SKIN

This a a common symptom of fever but occurs in other conditions also.

Burning sensation of skin.—Use *Ars.*, *Bryonia*, *Carbo Veg.*, *Causticum*, *Nux Vom.*, *Phosph.*, *Acid Phosph.*, *Rhus Tox.*, *Stannum*. *Sulphur*. [All in their 3-30 potency].

Burning sensation inside the body.—*Aconite*, *Arsenic*, *Bell.*, *Bryonia*, *Cantharis*, *Merc.*, *Nux Vomica*, *Phosph.*, *Sabadilla*, *Senega*, *Sepia*, *Sulphur*. [All in their 3-30 potency].

Some of the remedies with their leading characteristics

Sulphur 30-200.—Burning sensation all over the body, including eyes and tongue—especially if it appears during chronic stage of any disease.

Arsenic 3-30.—Burning pain in the acute stage of any disease. The patient does not take off his clothes, rather seeks the sun, inspite of the burning sensation ; found efficacious during exhaustion from ulcers, tumours, fever, etc.

Secale 3-30.—Burning sensation, relieved by touch of cold hands ; patient removes all clothes and like to be fanned. Found in cases of cholera, gangrene, etc.

Phosphorus 6.—Burning sensation as in case of Sulphur, felt by phthisical patients.

Aconite 1x-6.—Restlessness and burning sensation in the first stage of acute illness.

Apis Mel. 3-30.—Stinging pain and burning sensation ; redness and swelling of localized areas of the body.

Agaricus 3-200.—Itchiness, redness and burning sensation in different parts.

Belladonna 1x-30.—Burning sensation all over the body with localized areas of inflammation ; such areas when touched, feel hot.

Cantharis 6.—Burning sensation in throat, abdomen, rectum or urethra (especially during micturition).

Capsicum 3-6.—Like in Cantharis—burning sensation felt as if capsicum (or red pepper) paste were applied all over.

Bryonia 3-30.—Burning sensation of eyes hands and feet in bilious subjects.

LEPROSY

It is caused by a specific bacillus and is spread by contact, by inoculation and by eating half-decomposed fish. It occurs in two forms—(1) tubercular, (2) white anæsthetic. The early symptoms are: occasional rigor with pain, stiffness, drowsiness, vertigo, febrile attacks, sweating, nose-bleed, red rash. The skin thickens, tubercles form on the face and extensor surfaces of the extremities. The nose and lips thicken. The tubercles soften, discharge and heal, leaving white scars. The skin is dry, sensation is lost.

Treatment :

Hydrocotyle θ, *Bacillinum* 200, *Ars. Iod.* 3x, *Vaccininum* 30, *Malandrinum* 30-200, *Graphites* 3x, *Anacardium* 3x-30, and *Hepar Sulphur* 3 (in case of syphilitics). *Skookum Chuck* 1x-3x (*trit.*) used for 3 months cures those with scaly skin.

A preparation of Chaulmoogra (Gynocardia)-oil has been found very successful (especially according to some authorities) when injected under the skin or into veins. Patients should be segregated and treated with care. Stale meat and fish are strictly forbidden.

PSORIASIS

It is a skin-disease, especially affecting the head (scalp), in which local redness and swelling are followed by hard dry scales peeling off.

Try—*Sulphur* 30, *Ars.* 30. In chronic cases —*Tuberculinum* 200. Also try—*Phosphorus* 6, *Calc.* 6, *Sepia* 30, *Nitric Acid.* 6.

ELEPHANTIASIS

Try—*Hydrocotyle* 1x-6, *Annacardium Orientalis* 1x-6.

DANDRUFF

Thin dry scales (dead skin) peel off from the scalp without any previous inflammation.

Treatment :

Take internally—*Sulphur* 30, *Calc. Carb.* 6, *Lyco.* 12, *Sepia* 6 and use a clean comb and brush and apply glycerine and water instead of pomades and hair-oil.

CORNS

These are localized thickenings on soles or palms or on fingers and toes, as the result of constant pressure or friction or of constitutional troubles.

Treatment :

Fresh and painful corn : *Ferrum Picric* 3. If ulcerated and inflamed : *Acid Nitric* 3x. Apply an ointment of 1 part of *Hydrastis* θ and 8 parts of vaseline or Calendula Succus. If corns repeatedly form as the result of constitutional taint : *Sulphur* 30, *Calc. Carb.* 6, *Lyco.* 12. *Sepia* 6, *Antim Crude.* 6, *Phosph.* 3, *Silicea* 6.

DISEASES OF THE NAILS

If nails are brittle—*Silicea* 6. If brittle, discoloured or receding—*Thuja* 6 or *Alumen* 6. If fissured—*Ars.* 3. If thickened—*Graphites* 6 or *Antim Crude* 6. If ulcer occurs on all sides of it—*Phosph.* 3. In inflammation at bed of nails—*Silicea* 6 internally and local application of a lotion of *Calendula* θ *m.* 12 in 1 dram of water. If pain is due to injury (as during tripping etc.)—*Arnica* 3 internally, and *Arnica* θ lotion (in 10 volumes of water) externally. If due to wearing pointed-toed shoes, the soft structures around nails get inflamed or suppurated—*Acid Nitric.* or *Magnet Australis* 200 internally and local application of Hydrastis θ, 1 part in 8 part of vaseline. If this fails consult a surgeon.

DRUG DISEASES

In this chapter we discuss those diseases that are traceable to the use of drugs, either in over-dose or for prolonged periods.

MERCURY

For an accidental over-dose of mercury or its compounds causing vomiting—let the patient have the white of one or two eggs.

Secondary effects of abuse of Mercury :—Headaches at night, falling off of hairs, painful tumours on scalp, inflamed red eyes, sensitiveness of tip of nose, scaling off of skin of face, sore gums, constant spitting or profuse salivation, enlarged tonsils or glands of the necks, bubo or ulceration of glands of groin; diarrhœa with much straining at stool; ulcers or patches or inflammation of skin; looseness of teeth, ulcers are easily produced: use *Hepar Sulphur* 6 followed by *Bell.* 6 or *Acid Nitric* 6. If these fail, give *Sulphur* 30 once a week or forthnightly, followed by *Calc. Carb.* 6, later on.

In abuse of Sulphur and Mercury (combined):—*Bell.* 6, or *Merc.* in high potency.

In blood-poisoning leading to general deformities, give *Asafœtida, Aur Met., China Chionanth, Hepar, Iod., Kali Iod., Mezereum.*

In affections of inside of mouth and gum with salivation:—*Carbo Veg., Dulcamara, Hepar Sulph., Acid Nitric, Staphysagria, Sulphur, China, Iod., Natrum Mur.*

In sore-throat:—*Bell., Carbo Veg., Hepar Sulphur, Lachesis, Staphysagria, Sulphur, Arg. Met., Lycopod., Acid Nitric., Thuja.*

In nervous excitability—*Carbo Veg., Chamomilla, Hepar, Acid Nitric., Puls.* In nervous prostration:—*China, Hepar Sulphur, Lachesis, Carbo Veg., Acid Nitric.* If any of the above symptoms occurs, as the result of exposure to cold or of change of season:—*Carbo Veg., China, Dulcamara, Guaiacum, Hepar Sulph, Lachesis, Acid Phosphoric, Puls., Sarsa., Sulphur, Arnica, Bell., Chamomilla, Calc, Lycopod.* In pain or ulceration of bones (caries or necrosis):—*Aurum, Acid Phosphoric, Asafœtida, Calcarea, Dulcamara, Lachesis, Lycopod., Aaid Nitric., Silicea, Sulphur.* In affections of glands:—*Aur. Met., Carbo. Veg., Dulcamara, Graphites, Silicea, Acid Nitric.*

In the ulcers :—*Aur.*, *Bell.*, *Carbo Veg.*, *Graphites Hepar Sulphur*, *Lachesis*, *Acid Nitric*, *Sarsa*, *Silicea*, *Sulphur*, *Thuja*. In dropsy :—*China*, *Dulcamara*, *Helleborus*, *Sulphur* [all medicines in their 6-30 potency].

QUININE

Arnica, *Ars.*, *Bell.*, *Calcarea*, *Ferrum*, *Ipecac*, *Lachesis*, *Merc.*, *Puls.*, *Verat.*, *Capsicum*, *Carbo Veg.*, *China*, *Natrum Mur.*, *Sepia* & *Sulphur*—help to rid the system of Quinine. The other remedies with their indications are as follows : —*Ipecac* : It is the chief remedy to combat the evils of quinine. After it comes *Pulsatilla* whose indications are : After suppression of fever, tooth-ache, ear-ache, headache or pain in the limbs occur. *Arnica* : Rheumatism, feeling of out-of-sorts, sensation of weight and pain in the limbs—aggravated by movements, by speaking or by sounds. *Arsenic* : Sore in limbs, swelling of feet, dry cough, difficulty of breathing. *Belladonna* : Congestion of head, face hot, pain in gum, head and face. *Bell.* is useful when jaundice, persists after use of Mercury. *Calcarea* : Headache, ear-ache, tooth-ache, aches all over the body ; fever is suppressed ; it has been tried after *Puls.* but in vain. *Cedron* : In buzzing of the ears after taking quinine or cinchona. *Eucalyptus* : Headache, buzzing in the ears, malaise like that at the commencement of influenza or an attack of cold. *Ferrum* : Dropsy of feet. *Pulsatilla* : Ear-ache ; toothache, headache ; pain in limbs after the fever is suppressed. *Lachesis* : Where fever is suppressed or *Pulsatilla* in ineffective. *Mercurius* : In diseases of liver or spleen. *Natrum Mur.* : Hiccough follows after use of quinine ; fever has been suppressed by quinine. *Veratrum* : Cold sweat and cold body ; constipation or diarrhœa. If fever is totally suppressed by quinine : *Arnica*, *Ars.*, *Bell.*, *Calc.*, *Carbo Veg.*, *Cina*, *Ferrum*, *Ipecac*, *Lachesis*, *Merc* , *Puls.*, *Sulphur.* If fever persists after administration of quinine, give at first *Ipecac* ; thereafter *Ars.*. *Carbo Veg.*, *Lachesis*, *Puls.*, *Arnica*, *Cina*, *Verat.*, *Calc.* *Merc.*, *Bell.*, *Sulphur.* (Use these in their 3-30 potency).

ARSENIC

In an accidental over-dose, use the stomach-pump followed by administration of copious greasy water. Then neutralize any poison that may lie inside, with Ferric Hydrate and then stimulate by hypodermic injec-tions of ether, etc. When all the ominous symptoms are over, give in succession—*Ipecac* 3, *China* 3x, *Nux* 1x. For abuse of arsenic give *Ipecac* 3, *China* 3, *Nux Vom.* 1x-3, *Verat.* 6.

OPIUM. MORPHIA

For poisoning—use stomach-pump and an emetic of 30 grains of Zinc-Sulphate ; then wash out stomach with Potash-Permanganate lotion ; then give coffec to drink. When grave symptoms are over, give *Ipecac* 1x frequent. If this fails, *Nux Vom.* 1x-3, *Merc.* 3, *Bell.* 3 or *Acetic Acid* 3. But never use Apomorphia. For those habituals who suffer after giving up opium, *Avena Sativa* θ *m*. 5. thrice daily is best. If this fails, give *Chamomilla* 6, *Coffea* 6-30. *Cannabis Indica* 1x-30. Those who wish to knock off opium or morphia-habit, should take *Avena Sativa* θ 10 drop-dose twice daily in hot water, at the same time decreasing the customary dose of opium and continuing the Avena for some time after opium or morphia has been completely given up.

ALCOHOL

For those who suffer from a craving for drink after they have given it up, use *China* θ or *Avena* θ or *Strophanthus* θ *m*. 5 thrice daily, or let them drink coffee and thereafter take *Nux Vomica* 1x-3, *Sulphur* 3, *Sulphuric Acid* θ. Sulphuric Acid mixed with three parts of alcohol, ten to fifteen drops three times daily for several weeks has been successfully used to subdue to craving for liquor (Bœricke).

HONEY

In its over-dose give *Spt. Camphor* internally and inhalation of camphor ; then give hot drinks of tea or coffee.

TOBACCO

Those who suffer from occular, nervous, gastric, throat or heart troubles, should give up tobacco and take a daily dose of *Nux Vomica* 1x-3 or *Spt. Camphor*. For blindness due to tobacco, *Phosph.* 3. For dyspepsia, *Nux Vomica* 3. For palpitation, *Spigelia* 3. For sore-throat, *Calc. Phosph.* 3. For stopping the craving, *China* 3.

COFFEE

For troubles arising out of its habitual use, *Chamomilla* 6, *Nux Vom.* 3, *Ignatia* 3, *Merc.* 3, or *Sulphur* 6.

TEA

[Thein which is present alike in tea and coffee is responsible for rheumatism]. For general ill-health following habitual use of tea : *Ferrum* 6. For insomnia, palpitation even after small meal : *China* 3. For nervous prostration, flatulence : *Thuja* 6. To allay all troubles arising out of this habit : *Thuja* 30-200, once a week.

Try also—***Selenium*** 6, ***Coffea*** 6, ***Lachesis*** 6, ***Verat. Alb.*** 6.

ICE, ICE-CREAM

For diseases following use of ice, *Carbo Veg.* 6. For those following ice-cream, *Ars.* 6. For eruptions (especially noticeable on face) following ice or ice-water, when one is hot, *Bellis Perennis* 3x.

REMEDIES TO BE USED IN CASES OF ABUSE OF CERTAIN DRUGS

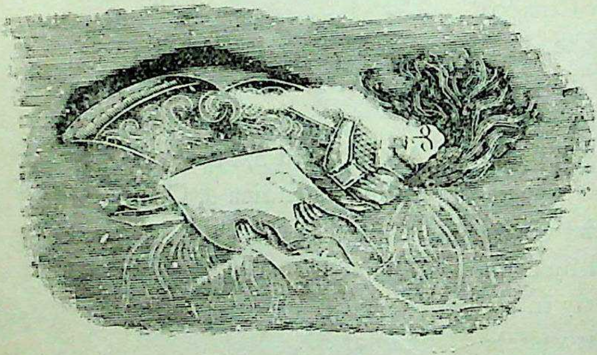
Abused Drugs	**Remedies**
Potash Bromide	... Helonias θ
Camphor	... Cantharis 6, Coffea 3, Opium 3.
Chloral	... Cannabis θ,
Potash Chlorate	... Hydrastis θ.
Cod-liver-oil	... Hepar 6.
Pickles, Tarts	... Nux Vom. 1x-3.
Digitalis	... Acid Nitric 6.
Strong Medicines	... Nux Vom. 1x-30:
Ergot	... China 1, Nux Vom. 1, Selenium 2.
Iodines	... Hepar 6, Hydrastis θ, Phosph. 3.
Iron-preparations	... Hepar 6, Puls. 3.
Lead ,,	... Opium 1x, Alumen 6, Kali Iod. θ.
Argent Met.	... Natrum Mur. 30.
Phosphorus	... Lachesis 6.
Salt	... Nitri Spt. Dulcis θ, Ars. 3.
Stramonium (Datura)	... Tabacum 3.
Strychnine	... Eucalyptus θ, Kali Brom. θ.

Abused Drugs	**Remedies**
Sugar	... Natrum phosph. 6x (*trit.*)
Juvenile smoker	... Arg. Nit. 3, Ars. 6, Verat. alb. 6.
Turpentine	... Nux Moschata 2x.
Vegetable drugs	... Camphor θ, Coffea 3.
Potash Iod.	... Hepar Sulphur 6-200.
Chloroform inhalation	... Acetic Acid 3, Hepar 6, Phosph. 3. Amyl Nitric θ inhalation.
Gas or Charcoal smoke	... Ammon. Carb. 3, Arnica 3x, Bovista 3.
Narcotic drugs that soothe pain	... Acetic Acid 3, Apomorphia 3, Cannabis Indica θ, Chamomilla 3.
Artificial verdigris formed by cooking carelessly in copper or brass vessels	... Hepar 30.
Antimony	... Hepar 30, Merc. 200 or Calc. Carb. 30.

[Read carefully Appendix B]. Those who wish to study carefully the symptoms caused by habitual use of drugs or those who wish to successfully treat cases of poisoning, should read—"Outlines of Medical Jurisprudence and Treatment of Poisoning" by Dr. Ramesh Chandra Ray, L.M.S.

ACCIDENTS

Burn—As soon as clothes catch fire, cast them off oe rool rapidly on the ground or cover up with thick blanket or mattress ; never run about in panic. Apply to the burn—methylated or rectified spirit, if available, or a solution of washing soda (in 10 times of water) or Cantharis 2x-6x.



Covering up a persan in flames.

It is a mistake to apply greasy things like carron-oil (cocoanut or linseed-oil plus lime water) or dry things like arrow-root or lime or flour or fermenting things like treacle etc., though people do apply Indian ink, paste of mashed potato or ripe plaintain, mud, oil of any kind, juice of vegetable stems or leaves. All these produce pus and blood-poisoning later on. It is always necessary to keep the burnt-parts away from air, the patient should be kept warm and his pain relieved. Homœopathy recommends these : Apply *locally Cantharis* 2x-6x and give internally 12x-30. If the blistered area is a small one, apply locally *Cantharis 0* or *Urtica Urens 0* (1 dram in 1 oz. water). If the burnt-area is hot and swollen ; there are fever, thirst, dry skin, fever & anxiety, give *Aconite* 3x. If the blister is black and the burnt area smarts and if fever, thirst, debility and fear of impending death are present, *Ars.* 6. If pus forms, *Hepar* 6 internally and a lotion of Calendula (*Calendula 0* 1 part in 10 parts of olive-oil) to be applied locally. Wash the sores in warm boric-lotion. If the part mortifies, *Silicea* 30 or *Sulphur* 30. [The best modern treatment is to seal the parts under a septic precautions of melted paraffin.]

Muscular Fatigue—It leads to pains and aches and sometimes to formation of blisters. Rest and *Arnica* 3x cure it. Tepid bath is permitted.

Cuts—Take special care to clean the part by at first bathing it in the oozing blood and then in clean water. Having done so, cover it up with a piece of clean cloth or some absorbent wool.

Bleeding or Hæmorrhage—Must be stopped under any circumstances if it is free, as otherwise it will rapidly kill. An arterial bleeding is more rapidly fatal and difficult to control. An arterial bleeding occurs in spurts and the blood is scarlet red. Venous bleeding is a continuous pouring out of blackish blood. To stop bleeding, in the case of arterial bleeding, apply pressure over the proximal cut-end—*i. e*, that end which is nearest to the heart ; in that of venous bleeding press, over the distal end—*i, e.*, the end away from the centre. To apply pressure, use the ball of your thumb at first and in the meantime let some one else hurriedly roll up a piece of rag (torn, if necessary, from your dhoti) in the shape of a marble. Put this pledget of cloth upon the end to be pressed upon and over it apply a loose noose of cord or cloth ; insert anything handy below the noose and by its means twist the noose round and round till the noose so firmly presses on the pledget of rag as to effectively stop bleeding. Then send for the doctor. In the meantime patient should not move nor get up or get excited.

In cases of arterial bleeding give *Arnica* 3x internally and apply locally Calendula θ (1 in 8 of water) ; in case of venous bleeding, give *Hamamelis* 3x internally and apply lotion of its θ (1 in 8) locally.

Epistaxis or bleeding from the nose :—See under "Diseases of Nose."

Bleeding from Gums :—Seen chiefly after tooth extraction in those who have a bleeding tendency ; the bleeding may prove fatal.

Treatment :

If it is arterial or scarlet blood, soak a pledget of cotton in *Calendula θ* (1 part mixed with 10 parts of water) and press it home into the bleeding gum ; to keep it in position, put a cork over it and press down the opposing set of teeth. If it is venous or impure blood, use similarly lotion of *Hamamelis θ*.

Wounds and Injuries :—Sprains, strains, bruises, cuts, etc. may occur.

Treatment :

(1) Bruises (black and blue)—Apply *Arnica θ* lotion (1 in 8 of water). If this fails, try Hamamelis. (2) Punctured wounds (as by a nail being driven in or by rat-bite)—*Hypericum* 3 internally and *Hypericum θ* lotion (1 in 8 parts of water) locally applied. (3) Poisoned wounds—*Hypericum* 200 internally, and warm poultices externally. (4) Lacerated wounds (as when one is run over or caught between the wheels of machinery)—*Staphysagria* 3-30 internally and lotion of *θ* (1 in 10 parts of water) externally. (5) Incised or clean-cut wounds as well as in burns due to gun-powder—30 drops of *Calendula θ* in 1 oz. of water locally applied. (6) Poisoned wound due to gun-powder and resisting other treatments or in blood-poisoning—*Gun powder* 3x (in 8 grain-doses) thrice daily. The general rule about all cuts is—arrest bleeding and clean up the wound. Unless severe, every bleeding can be arrested by applying firm pressure with a pledget of wool nicely bandaged up. A clean wound can be dressed by spreading over it a few crystals of sugar evere 3 or 4 days and bandaging it up. It is the height of foolishness to apply earth, mud, cow-dung or chewed leaves of grass—as these may endanger life by producing tetanus, tuberculosis or blood-poisoning. A wound kept clean heals up spontaneously. Cow's ghee is an all-round excellent ointment. (7) In fractures, get the bones set into proper position by competent surgeons and give internally *Symphytum* 1x. In case of wounds, if there are fever, chill, thirst, aneiety, fear of impending death : *Acon.* 3x. If the whole body is painful, due to some

local wound : *Arnica* 6. Weakness due to excessive bleeding from wound : *China* 6 or *Ars*. 6.

Gunshot Wounds :—During inflammatory stage : *Ferrum Phosph*. 1x or *Aconite* 3x. Blood-poisoning and local mortification : *Lachesis* 6 or *Echinacea θ* and local application of Calendula lotion. If tetanus sets in with difficulty in swallowing : *Hypericum* 30-200.

Injuries to scalp and Skull—In bruises, Arnica lotion locally. If a cut, Calendula *θ* lotion (1 dram in 1 oz. of water). In fever and pain all over, some doctors recommend *Arnica* 6 alternately with *Aconite* 6. If the patient is unconscious, put on his tongue, *Arnica* 3. If after coming to senses, there is pain, give *Arnica* 3 ; if there is fever *Aconite* 3.

Concussion of Brain : Symptoms—Complete or partial unconsciousness ; face is dusky ; pulse quick, irregular or imperceptible ; shallow, irregular breathing ; extremities cold ; answers to questions and relapses quickly into stupor ; when reaction sets in, consciousness returns ; there is nausea & rise of temperature 101° —102° F.).

Treatment :

At first give *Arnica* 3x. If febrile symptoms predominate : *Aconite* 3x. In headache with flushed face : *Bell*. 3. In rattling in throat : *Opium* 3. The patient should be put into a warm bed and warmth applied to his extremities. He should be left undisturbed and no food or drink should be given to him.

Ecchymosis—This is a discolouration (at first reddish, afterwards black) of the skin, following a bruise, Arnica lotion is of great benefit in preventing the discolouration if used immediately after an accident ; when Arnica fails, use Hamamelis lotion. If there is no medicine at hand, wash the part with cold water and foment it afterwards with hot water.

Sprain—Each joint is furnished with strong fibrous binder that help to keep the bones in place. When these are over-stretched or some of the fibres are torn asunder, we get sprains.

Treatment :

Early and complete rest and application of cold compress at first and warmth later is advisable Give internally—*Arnica Symphytum* (especially in fractures), *Hypericum* and *Ruta* θ-6 and also apply externally. One part of θ in 10 parts of water makes a lotion.

Shock—This is the result of strong physical or mental pain. If body is cold, give *Camphor* ; if body is bluish, *Carbo Veg.* ; in cold sweat on forehead or cardiac debility or nervous hyper-irritability, *Verat. Alb.*

Sea-Sickness—*Cocculus* 3-200 cures sickness felt on boarding a land or water conveyance.

BITES AND STINGS

The following are the remedies for the various kinds of bites and stings.

Bee-sting :—Have the sting-removed. Apply locally carbolic acid or spt. camphor or mustard or kerosine oil or tobacco or snuff or a raw onion or Calendula or Ledum. If much swollen, *Apis* 6 internally.

Scorpion-sting :—Locally the juice of unripe *Ole* (Amorphophallus companulatus) or *Kachu* (Colocasia antiquorum).

Mosquito or bug-bite or nettle-sting :—Apply locally —Spt. Camphor, or lime-juice followed by lime (made warm), *Apis* 6 internally.

Fish-bone :—Dip in the part in water mixed with saltpetre.

Caterpillar-sting :— Apply locally the juices of "Kanchira" or "Madhu" or "Kachu leaves" or apply lime having scraped the part with a blunt knife or with fig-leaves.

Spider-bite :—Locally, salted ghee.

Rat-bite :—*Ledum* 6.

Dog-bite :—See under "Hydrophobia."

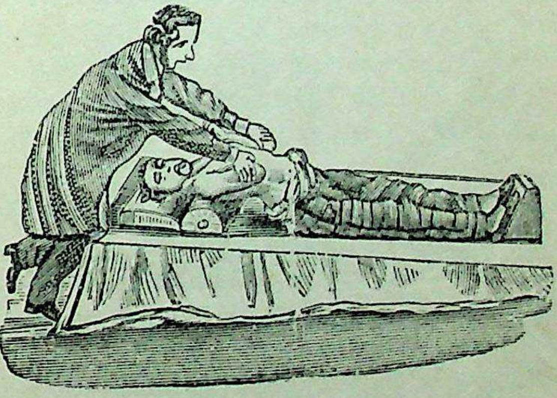
Foreign body in eyes :—Never rub the eyes is dislodge foreign bodies. Evert the lid and rub it off with the end of your handkerchief rolled into a point. If however a caustic thing like lime or ash falls into the eye, at once wash it off with lime-juice or vinegar diluted with water or put in a drop of castor oil. Then bandage on the eyes and apply colds compress or hot water compress and lie for 24 hour on your back.

Foreign body in nose :—Have it removed by a competent doctor.

Foreign body in ears :—If possible, have it removed by a doctor. If it is something which will swell on addition of water, do not syringe it our ; if otherwise, then try to syringe it out.

In all the above three cases if pain is complained of take *Arnica* 3.

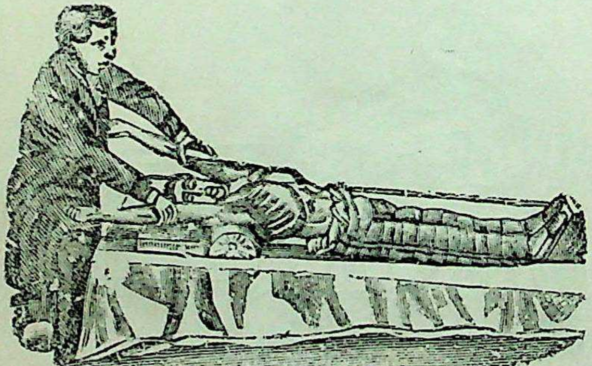
For sudden asphyxia (or stoppage of respiration) :—Due to whatever causes, such as hanging by the neck or drowning, put the patient prone, his head resting on his folded arms. Let all on-lookers go away, to allow pure air to come in. Then standing the patient astride squeeze his belly with the palms of both hands and compress the chest, 15 to 16 times a minute and then let your palms go (=inspiration). When respiration is established, give *Opium* 30 ; failing which, give *Antim Tart.* 30 or *Lachesis* 30. There is another way of inducing artificial respiration 15 to 16 times a minute. It is this : Put the patient on his back, his shoulders



Causing inspirations

resting on a pillow, his neck falling beyond the pillow. Pull forward his tongue and keep it outside the mouth. Stand astride the patient, at the head-end. Grasp the elbows and draw the arms well upwards parallel to the head (= inspiration) ; then fold back the arms and compress sides with patient's elbows being well driven against the sides of his chest (=expiration). If a man's breathing has stopped in consequence of his being struck by lightning, apply any of the two modes of giving artificial respiration and as soon as he is able to swallow, give him *Nux Vom.* 30. For loss of slight due to being struck by lightning, give *Phosphorus* 30.

Unconsciousness—If anybody becomes unconscious, at once do these :—Clear away crowd of spectators to let in pure air. Loosen all constrictions of dress. Lay him flat on his back or side. Never left him up or raise his head ; if possible, let the head hang down. If be vomits, turn his face to one side. So that he may not draw the



Causing expiration

vomit into his air-passage. Dash cold water on his face ; but never bathe him in water or keep him lying in a pool of water, with fans going on all round of him.

Then apply medicines according to the causes of the unconsciousness :—Due to grief, *Chamomilla* 6. Due to suppressed mental agony : *Ignatia* 6. Excessive anger *Aconite* 3. Due to fear, *Aconite* or *Opium* 30. Due to severe bleeding, *Cocculus* 6. Due to pain, *Aconite* 6, *Chamomilla* 6, *Coffea* 6, *Verat. Alb.* 6. Due to drink or strong medicines, *Nux* 3x. Due to excessive use of mercury, *Carbo Veg.* 30. Due to nausea, *Ipecac.* 3. If associated with dizziness, *Chamomilla* 6, *Hepar* 6. Due to fall, *Arnica* 3. Due to bleeding as a result of fall, *China* 6. Due to starvation : Begin by feeding with small quantities of diluted milk at small intervals ; then give soups ; when consciousness returns and food does not excite irritation, give solid food in small quantities cautiously. Due to exposure to cold ; Rub ice to extremities ; when colour returns to them and the limbs become flaccid, put the patient on a bed and rub cold flannel and ply him with one or two drops of *Spt. Camphor* every 10 or 15 minutes. When consciousness returns, give *Carbo Veg.* 30, *Ars.* 30, or *Acon.* 3x. If unconsciousness is the result of any sudden strong mental emotion and is associated with pallor of face, give *Apis* 6 or *Glonoin* 6. For worme in children, *Cina* 2x-200.

Poisoning :—These cases should never be undertaken by any but qualified practitioners. The most detailed account of cases of poisoning with symptoms and elaborate treatment are given in Dr. R. C. Roy's "outlines of Medical Jurisprudence and Treatment of

Poisoning." In order not to allow valuable time in sending for the doctor, the reader is advised to secure free vomiting. With this end in view, put fingers into the throat or the end of the tuft of a lady's hair or the washing of a fish-basket or 30 grains powdered *Ipecac* or *Zinc. Sulph.* or 3 grains of Copper Sulphate. When after proper treatment under a qualified doctor, the patient is past danger, it is advisable to give him the antidote noted against each poison :—

Mineral Acids (Nitric, etc.	... Lime-water, chalk etc
Alcohol	... Milk, black-coffee.
Arsenic	... Ipecac, Verat.
Copper, Mercury, and their salt	... Egg-albumen, milk, water.
Oil Turpentine or Croton	... Barley or arrowroot gruel.
Lead	... Opium 1x, soap-suds, albumen, milk.
Opium	... Bell. θ, Coffee, Potash Permanganate.
Dhutura	... Coffee, vinegar, lemonade.
Tobacoo	... Ipecac, vinegar.
Camphor	... Black-coffee, Opium 3x.

Opium-Poisoning :—Evacuate the stomach by means of pump or *Zinc. Sulph.* gr. 30. Then wash the stomach repeatedly with Pot. Permanganate solution, till the washings return unbleached. Let patient drink freely of coffee and keep him awake. Relieve his bladder from time to time. But do not march about the patient. He may have an occasional dose of *Bell.* θ *m.* 5.

Foreign body in throat :—Fish-bone etc. may be dislodged either by eating dry bulky food, like mashed potato or plantain without chewing them, or by means of proper forceps.

Fly Pest :—Fly, mosquito, etc. are carriers of disease. To rid a place of them, keep pyrethrum in the room or let the vapour from milk mixed with formalin and cresol pervade the room. Cockroaches can be removed by dusting the place with Borax.

Snake-bite :—So much rubbish is written and spoken of regarding the so-called successful treatment of snake-poisoning, that it is necessary to say very definitely at the outset that the only sure remedy against smake-bite is anti-venom serum—if that is injected within 20 minutes of bite. It often happens that a man dies more as the result of fear than of actual snake-poison ; and over fifty per cent cases of bite in the dark are not snake-bites, though supposed to be such and then again over fifty per cent cases of real bite, are not cases of poisoning—*i.e.*, wherever a snake bites, it does not necessarily belong to the poisonous kind, nor, if poisonous, it is in all cases capable to drop the poison into each bite. These account for the majority of persons bitten in the dark, getting collapsed from fear and recovering under so-called indigenous modes of treatment. It is also necessary to point out here that Pot. Permanganate is no sure preventive of poisoning. However, it is safe, in all cases of suspected snake-poisoning, to do these : Tie a couple of firm ligatures, one inch apart, a couple of inches above the point bitten. Freely incise the part, following to their bottom the fang-marks and put in a few crystals of

Pot. Permanganate. After the arrival of a medical man, undo the ligature according to his advice or else the part below ligature will die if kept tied undully long. Administer stimulants freely and keep the patient in bed.

BLOOD-PRESSURE

The pressure exerted upon the walls of the arteries during each contraction & relation of the heart is known as 'Blood-pressure.' It is determined by the volume of mercury (in millimeter) that may be raised by that pressure.

The function of the heart is (1) to supply the purified blood to the whole system, (2) to collect up the impure blood and (3) to send that the lungs to be oxygenated there. In the course of circulation the blood is again purified in the kidneys. The kidney filters the impure substances of the blood and those impurities are eliminated with urine.

The heart is continually contracting and relaxing. During each contraction (systole) the heart is propelling about 4.6 ounces of pure blood to the arterial system; and during each relaxation (diastole) some amount of impure blood collected from the whole system is poured into the two upper cavities of the heart. The walls of the vessels (arteries and veins) are elastic. During each systole some four to six ounces of blood is pushed up with some amount of force into the arterial system which is already filled up with blood. Thus the pressure of blood upon the walls of the arteries during the systole must be much higher than that of diastole.

Owing to the natural elasticity of the arteries the blood-pressure keeps to a certain regular limits. In case the heart is diseased, i. e. in cardiac hypertrophy, the heart propells greater quantity of blood into the arteries with greater force. Again if due to old age the arteries get sclerified and thus lose their natural elasticity and behave like a hard tube, then also the pressure of blood will be increased. Again if the peripheral resistance is increased, i. e. if the fine arterioles of the kidneys become hard or sclerosed, in that case also the pressure of the blood will be increased.

From the above mentioned facts we come to understand that the blood-pressure is increased due to the following three causes: (1) If the pumping machine (heart) pumps greater quantity of blood with greater force; (2) If the natural elasticity of the tubes (arteries) are lost and they are rendered incapable of expanding to equalize the pressure; and (3) If the peripheral resistance is increased, *i. e.* the smallest arteries of the kidneys are sclerosed, and the elasticity is lost.

The normal blood-pressure in adult life :

Systolic pressure 110—135.
Diastolic pressure 75—85

The average difference between the systolic & diastolic pressure is 50. Age of an individual + 90 (or 100) is said to be his normal blood-pressure; thus the normal blood-pressure of a man of 50 years of age will be 50 + 90 = 140 or in some cases 150.

The pressure mry be high or low than normal. The blood-pressure increases due to normal exertion or over work, over muscular exertions, excess of food, chronic constipation, indigestion, high living, etc. Complete mental and physical rest, occasional fasting, eating easily digestible food in moderate quantity may reduce the pressure to a considerable degree.

Symptoms :—Constant and severe headache, blurred vision, vertigo, want of sound sleep, want of appetite & concentration, loss of memory, heavy feeling on head, and nausea are the common symptoms.

Treatment :

Aur. Met. 3-30.—High blood-pressurc with despondency and *suicidal tendency.* Sensation as if the heart stopped bearing. Palpitation, which compels him to remain still. Irregular beatings. Pulse irregular, rapid and feeble.

Baryta Mur. 3-30.—Blood-pressure ; palpitation of heart ; heart beats irregular.

It is said that Bar. Mur. 3x acts wonderfully in senile high blood pressure or high blood-pressure in old people.

Cactus θ-3.—Blood-pressure (low). Melancholy mood, fear of death, anxiety. Palpitation of heart, worse lying on left side ; vertigo, difficult breathing, flatulence ; pulse weak, quick, irregular.

Conium 6-200.—Weak memory ; forgetfulness, Vertigo, headache. Violent palpitation of heart ; irregular pulse. Trembling gait. Want of sound sleep, full of frightful dreams. Especially adapted to old people.

Cratægus *θ*-3.—Blood-pressure ; breathing difficult on least exertion. Heart troubles ; pulse weak, irregular, intermittent.

Gels. 3x-30.—*Dulness, drowsiness dizziness or trembling* are the keynotes of this remedy. Desires to be left alone and to remain quiet. Vertigo & giddiness. Fear of death. Excessive action of the heart, palpitation. Sensation as if heart's action would cease. Pulse slow and full, frequent, soft and weak, almost imperceptible, intermittent.

Glonoin 6-30.—Oppression in heart region ; violent palpitation, laboured breathing ; pressure and fullness in heart ; feels difficulty in going up-stairs. Pulse frequent, intermittent. Vertigo ; black spots before eyes.

Kali Phos. 3x-30.—He feels tired on slightest exertion ; it abates palpitation ; intermittent action of the heart. Pulse irregular and intermittent. Sleeplessness.

Lyco. 30-200.—Blood-pressure of the dyspeptics. Weak memory. Dreads company, wants to be alone. Irritable, thinks his end is coming. Vertigo. Palpitation of the heart ; sensation as if the circulation stopped. Pulse accelerated. Great emaciation and debility. Sleepy during day, wakeful at night.

Sulphur 30-200.—Weak memory, dulness, vertigo. Palpitation of heart, worse when going up-stairs. pulse full, hard, accelerated, intermittent.

Viscum Alb. *θ*-**6.**—Blood-pressure (low) of heart rheumatics and of gouty subjects. Palpitation of heart and other heart-troubles ; pulse slow, small and weak. Difficulty of breathing lying on left side.

PART II

DISEASES OF WOMEN

ANATOMY & PHYSIOLOGY

The external genital organs of the female are two pairs of lips called respectively labia majora and labia minora ; concealed behind these are two passages—one very small and situated above, is the urethra, the pipe that conveys urine out of the bladder to outside ; the other, interiorly situated and more prominent and large, the vagina, the passage for sexual intercourse and birth of the child. Inside the pelvis of the women, hanging between the bladder in front and rectum behind, are the internal organs of generation. Situated at the inner end of the vagina is the hard muscular organ called UTERUS or womb. It is composed chiefly or muscles and is therefore capable of growing into big proportions with the development of the fœtus - and is lined on its interior by a mucous surface called endo-metrium. Arising from the upper end of the uterus, on both sides, is a fallopian tube which lies over the ovary of its side. We tabulate these below.

EXTERNALLY—Labia Majora, Labia Minoro ; Urethra, Vagina.

INTERNALLY—Uterus, Fallopian tubes, Ovaries.

UTERUS—Its top is called Fundus ; its elongated lower portion is called Cervix ; its lower opening into the vagina is called the Os. It is lined by endometrium ; its body is muscular.

The parts corresponding to the male organs are :—

Vagina and Urethra	Penis and Urethra
Uterus	Vesiculæ Seminalis.
Fallopian tabes	Nil.
Ovaries	Testicles.

The ovaries and fallopian tubes are often called the uterine appendages or adnexa.

Once every 28th day, a woman who is past 14 years of age and below 45 years of age passes blood from her genitals for 4 successive days. But each woman is a law unto herself in respect of the age at which menses commenses (=the age of puberty) and the age at which it stops (=menopause) and the duration of her menstrual period. Conception has absolutely no relation to menses ; it can occur independently of menstruation. Menstruation simply indicate that the sexual life of the woman has begun. Menstruation is usually associated with the bursting of an ovum in the ovaries and renewing of the uterine endrometrium.

Conception is the result of fusion of a spermatozoa (from the semen deposited into the vagina by the male organ) with an ovum discharged from one of the ovaries. This union takes place in the Fallopian tube by the way of the ovum to the uterus. This fusion is the starting point of life of creature.

Remember that no homœopathic medicine should be given immediately before or during menstruation ; it can be given immediately after cessation of menses.

DISEASES OF MENSTRUATION

SEPIA and PULSATILLA are the medicines most used in these cases.

DELAYED MENSES

In this country, the age of puberty for Indian is 12 to 14 years ; girls over 14, in whom menses do not appear or having once appeared do not come on regularly every 28th day, form cases of delayed menstruation. It is often due to health undermined by disease, anæmia or nervous break-down or to imperforate hymen.

Symptoms :—Heaviness or aching of head ; palpitation ; bleeding from nose or piles, difficulty of breathing, pain in lower abdomen ; weight-sensation in thighs and waist.

Treatment :

Puls. 3-30 : Pain in abdomen and back ; headache, loss of appetite, chilliness, lethargy, nausea, palpitation, anæmia. If leucorrhœa co-exists : *Sepia* 6, *Aconite* 3x : Menses suppressed from sudden chill or fright. *Bryonia* 3-30 : Vicarious menstruation, *i.e.* instead of blood being passed per vagina, bleeding occurs from nose, mouth, etc. Dry cough, constipation, stitching pain in chest. *Senecio* θ : Delayed first menstruation, irregular or scanty menstruation ; stoppage of menstruation after being once established. *Veratrum* 12 : Nervous headache ; hysteria or unconsciousness due to weakness, nausea or vomiting ; liquid motions ; discoloured face ; extremities and tip of nose cold. *Natrum Mur.* 12x (*trit.*) : Constipation, chilliness and cold feet in anæmic thin women. *Sulphur* 30 : Pain in waist, throbbing of head and vertigo ; indigestion ; constipation and piles ; irritable temper and silent attitude. *Cimicifuga* 6x : Delay in menstruation from paralysis of nerves of ovaries. Headache, sleeplessness, pain in left side of body (especially left breast).

If due to constitutional taint : *Sulphur* 30, *Calc.* 6, *Lyco.* 12, *Sepia* 30.

If due to wasting diseases like phthisis : *Bacillinum* 200, *Calc. Phosph.* 12x (*trit.*), *Iod.* 6.

If due to anæmia and debility : *Natrum Mur.* 30, *China* 6, *Ferrum* 6.

If due to indigestion : *Sulphur* 30, *Nux.* 6, *Puls.* 6, *Lyco.* 12.

AMENORRHOEA

Stoppage of menstrual flow after being once established, is due to pregnancy, anæmia and profound ill health (like phthisis, kala-azar, etc.), plethora associated with sedentary easy life, exposure to cold, damp wet, especially during a menstrual period ; fatiguing journeys, sudden mental grief or fright, etc.

Treatment :

Vertigo due to congestion of brain, sudden dimness of vision, pain in the socket of the eyes, in the uterus and ovaries, delirium : *Bell.* 3. Nose-bleed, dizziness, stitching pain in the chest and sides, pain in the stomach, dry cough : *Bryonia* 6. Agonizing pain in lower abdomen (aggravated by movement), melancholy, fondness for solitude : *Sepia* 6. Due to cold : *Aconite* 6 ; this failing, *Puls.* 3. If menses are irregular *i. e.* do not appear on or about the 28th day : *Sulphur* 30. Due to grief : *Ignatia* 6. Due to anæmia or getting wet : *Calc. Carb.* 30 or *Natrum Mur.* 30. Associated with anæmia and diarrhœa : *Ferrum* 6. Associated with pain in abdomen : *Gels.* 6, *Chamomilla* 3, *Magnes. Phosph.* 2x-12x (*trit.*) in hot water.

Try also – *Cyclamen* 6, *Ars.* 6, *Natrum Mur.* 30, *Helonias* 1x, *Bell.* 3. It is advisable to give warm poultices or compresses to lower abdomen and back.

Jonosia Asoke θ or *Abroma Augusta θ*, 5-15 drop-doses are beneficial. These may be used in any menstrual disorder with success.

IRREGULAR MENSTRUATION

Normal menstruation recurs every 28th day, lasts about 4 days and the amount of blood lost is about 12 ounces. If the menses do not come on regularly as to time or to duration, it constitutes a disease.

Conium 1-30, *Puls.* 6, *China* 6 (the two latter are used by some physician alternately) are useful. Medicines for scanty or excessive menstruation are also used.

VICARIOUS MENSTRUATION

A woman who does not pass blood from her genitals every 28th day but passes blood from her nose, stomach, rectum or skin every 28th day, lasting for 4 days, is said to menstruate vicariously.

Treatment :

Bleeding from any part of the body other than the genital ; pain in abdomen and chest, dry cough, leucorrhœa present or not : *Hamamelis* 1. Nose-bleed : *Ferrum Phosph.* 6x or *Bryonia* 6. Scarlet blood is passed : *Ipecac* 3x-6. Blood spitting, weakness, anæmia of face, early stage of phthisis : *Senecio* 3x. Bleeding from nose or ears, pain in breasts, rise of temperature : *Puls.* 6. Extreme prostration or anæmia associated with bloody vomit : *Ferrum* 6. Bleeding from anus : *Collinsonia* 1.

SCANTY MENSTRUATION

This is usually the result of general ill-health, and treatment should be directed mainly against the original complaint. Where it is traceable to uterine trouble, treatment should be as follows : – Fatigue of mind and body, yellow skin, intolerance of cold air, vomiting, headache, anæmia : *Sepia* 30 (especially if the patient is neurotic and of spare build). Scanty watery discharge, yellow skin, chilliness, pain in loins before and during menses : *Puls.* 6. Due to want of proper nourishment and of pure air or to some wasting disease : *Ferrum* 6. Irregular menses, constipation, itches all over the body, sudden sensation of heat : *Sulphur* 30. Delayed menses accompanied by itchiness of genitals : *Graphites* 6. Scanty menses, constipation, skin hos an earthy hue : *Natrum Mur*. 12x (*trit.*). Menses very much delayed, scanty and blackish in colour : *Magnesia Carb*. 6. Constipation, sweating of skin : *Phosphorus* 6.

Try also—*Platina* 6, *Carbo. Veg*. 6, *Sulphur*. 6-30.

Diet :—Light and nutritious.

MENORRHAGIA

If the quantity of blood passed bee xcessive—with reference to quantity per diem or to duration or to frequency, then it constitutes menorrhagia. A woman thus have more than one menstruation a month or a 7 or 8-day menstruation or bleed profusely during the usual limit of 4 days. Excessive flooding is common at the menopause (time when menses permanently cease) and is due to uterine displacements, tumours or congestion ; to venereal excesses ; to repeated pregnancies ; to high living or mental excitement. Excessive floodings produce pallor of face, sunken-eyes, cold extremities, weak sight and weak pulse, buzzing in the ears, fits of unconsciousness of fainting. Malaise, yawnings, feeling of out-of-sorts, headache and heaviness, pain in back and loins, chilliness, loss of appetite are associated symp-

Treatment :

Onset of menses too frequent, profuse discharge, pain in abdomen, nausea : *Borax* 6. Profuse discharge at night : *Magnes. Carb.* 6. Associated with acrid leucorrhœal discharge (especially in chronic cases) : *Ars.* 3-200. Weakness, functional derangements of uterus, excessive flooding : *Ars.* 6. Pain in back and lower abdomen at menopause, during pregnancy or after delivery : *Puls.* 6. Inflammation of kidneys, dim sight, pain in the ovaries, scarlet blood is passed : *Sabina* 6 (especially suited to stout women). Painless, profuse, thin discharge ; blood may be in clots or evil smelling or blackish ; flooding increases after movements ; body is cold but there is sensation of warmth inside the body ; formication-sensation in the cervix ; pain in abdomen ; tar-like big clots passed with a sense of pressure on the vagina : *Crocus Sativa* 3. Use *China* 6, during the intermenstrual period and *Crocus* during menses. Thick tarry or liquid blood is passed ; pain in vagina and groins ; sensation of abdominal contents being drawn out of the vagina ; strong desire for coitus ; inflammation of uterus ; somnolence : *Platina* 6. Some advise alternate use of it and *Crocus*, both being valuable in the chronic condition of tne disease. Acute pain (sometimes now and then) like that felt by a woman in labour, coming on before the menstrual cycle and accompanied with hard lumpy clots : *Chamomilla* 12. Painless, copious, thin or thick and blackish hæmorrhage : debility following hæmorrhages ; ringing in the ears ; burning sensation near the os : aggravation of disease every third day : *China* 6. Pain in the region of the navel, extending down to uterus ; frequent nausea ; dizziness ; headache ; face pale and cold ; scarlet bright blood is passed ; *Ipecac* 3x. (If the same symptoms are present after delivery, the same drug can be used to check sudden hæmorrhages). Inflammation of urethra and of rectum ; occasional discharge of profuse scarlet red blood, especially after delivery : *Erigeron* 3x. Bleeding from uterus as the result of injury : *Arnica* 3x or *Hamamelis* 3x. If hæmorrhage is preceded long before the due date by itchiness of the genitals in a woman with chronic leucorrhœa, pain in chest : *Calc. Carb* 6 (especially in stout women). If scarlet red clots are passed and there is pain in the knees (especially in women who easily bleed) : *Trillium* 6. In intractable hæmorrhage : *m.* 5 of Oil Cinnamomi in a dram of milk.

Try also—*Calc. Carb.* 6, *Alœs* 3x, *Ferrum* 6, *Thlaspi* θ (*m.* 5 per dose), *Secale* 6, *Bell.* 3, *Acid Nitric* 1-3, *Ambra* 3, *Helonias* 1, *Ustilago* 6, *Hydrastis* θ, *Ficus Religiosa* 1x.

For debility from hæmorrhage : *Puls.*, *Ferrum*, *China*, *Ars.* For irregularities of circulation and fever : *Aconite.* For rheumatism : *Cimicifuga.* For diarrhœa, hoarse voice, cough and other symptoms of phthisis : *Calc. Carb.* For mental excitement or strong sexual desire : *Phosph.* Occasional profuse menstruation with no other discomfort than a little weakness : *Trillium.* [Use all these in 6th potency.]

Mental and physical fatigue should be avoided. Patient should keep warm and eat only plain food—avoiding all stimulants. Constitutional or local troubles causing flooding should be attended to.

DYSMENORRHOEA

This means pain felt during the menstrual period. Ordinarily healthy menstruation is attended with some amount of pain and discomfort ; cases where the pain is very severe, are called cases of dysmenorrhœa. The pain is felt usually in the lower abdomen, back, and sacrum. It is usually due to recent or old-standing inflammation or deformity or obstruction or displacement of uterus, ovaries or fallopian tubes. It may also be associated with gout or rheumatism.

Treatment :

Cimicifuga 6 : Headache before the menstrual period ; pain like that of labour, during the menstrual period : pain in lower abdomen, groins. back, pit of stomach ; dirty scanty blood or large clots passed. *Pulsatilla* 6-30 : Cutting or tearing pain in loins, lower abdomen and back ; loss of appetite, vertigo, chilliness, diarrhœa during menstrual period ; scanty hæmorrhage or occasionally profuse discharge in clots ; gentle disposition of the patient. *Bell.* 6-30 : (In congestion of uterus and ovaries). Pain in pelvis ; a feeling of intestines being forced through the vagina ; pain commences only one day before menses start ; defecation is painful during menstrual period ; cutting pain in abdomen ; face and eyes are red & throb ; patient is plethoric. *Gelsemium* 3x : Convulsion from congestion of uterus ; crampy pain in thighs and genitals ; pain starts in the abdomen and spreads to loins and upper part of back and is spasmodic in the neck ; somnolence in the interval between pains; it is more efficacious if there be fever. [Some use it alternately with Caulophyllum 1x]. *Chamomilla* 6-30 : Blood dirty and in clots ; labour-pain-like pain ; frequent urination ; pain in abdomen ; a sensation of pressure from loin forwards ; women is of bilious and nervous temperament. *Cocculus* 6 : Gripe-like pain in abdomen, sensation of pressure in chest and difficulty of breathing ; scanty blackish blood or leucorrhœa ; vertigo ; flatulence, nausea ; occasional fainting. *Xanthoxylum* 1x-3x : Where Cocculus has done partial good or has totally failed, pain from lower abdomen to groin ; fever. This is a very valuable remedy. *Collinsonia* 1x : Stitching pain ; abdominal pain extends to other parts of the body, profuse leucorrhœal or bloody discharge. *Caulophyllum* 1x-3 : Shreads of mucous membrane are passed with blood ; pain is severe ; constipation. *Helonias* 3x : Severe pain in uterus ; constant pain in knee and back : passage of black thread-like bloody clots. *Nux Vom.* 6-30 : Untimely scanty hæmorrhage ; chilliness ; loss of appetite ; morning sickness. *Secale Cor.* 3 : Discharge of foul-smelling, dirty looking blood, long before the period is due ; pain in lower abdomen like intestines forcing themselves through the vagina ; cold sweat all over (especially in hands and feet) ; weak pulse ; cutting pain in urinary bladder and rectum ; acute pain and debility from discharge not being free. *Magnes. Phosph.* 3x (*trit.*) in hot water, every 10 minutes : Spasm-like pain in stomach and uterus. *Apis* 6 : Stinging pain in the ovaries ; pain like that of labour. *Viburnum Opulus* 3 : Sudden onset of pain during menstrual period ; lasting 10—12 hours. Acute pain in the uterus, spreading all over abdomen. Spasmodic dysmenorrhœa. Try also (in 6th potency) :—*Crocus*, *Moschus*, *Lilium*, *Platina*, *Bryonia*, *Cuprum*, *Conium*, *Hamamelis* 3x, *Nitric Acid*, *Phosphorus*, *Phytolacca*, *Sabina*, *Secale*, *Sepia*, *Senecio* 1x, *Sulphur* 30, *Graphites*, *Ferrum*, *Acon.* 30, *Cimicifuga* 3, *Cactus* 3, *Chamomilla*, *Borax*.

Abroma Augusta θ (5 drops in a dose) thrice daily with half ounce of water. *Jonosia Asoka θ* is also an important healer.

Hot fomentation or hot hip-bath is very helpful. Forty-five grains of fresh root of *Abroma Augusta* rubbed up with black peppers and the stalk of one betel-leaf taken in the morning for 3 successive days, during 3 successive menstrual periods, have been very helpful in many cases.

LEUCORRHOEA (The Whites)

From inside the uterus or its covering as well as from the os, discharge of various tints (white, bluish, milky, yellowish, saneous or tarry) can occur ; this is called leucorrhœa. The discharge, being usually of a whitish colour is popularly called "the whites". Scrofulous women and sometimes unhealthy young girls suffer from it. If these cases are neglected, the discharge becomes purulent and produces ulceration in and about the os. Headache, pallor of the face, constipation, flatulence, dyspepsia are usually associated with it. Chill, worms, dirt, stimulating food, broken down health, excessive coitus, occasional menorrhagia, cancer, repeated abortion, irritation inaide the uterus are the usual causes ; it is common in the scrofulous and phlegmatic subjects.

Treatment :

Calc. Carb. 30-200 : Discharge is milky ; burning sensation in uterus ; itchiness and pain in uterus ; patient is a young girl or of scrofulous nature. *Puls.* 6 : Useful in all forms. Thick whitish discharge increases after menstruation ; pain is not constant. *Sepia* 6-200 : Pain is like that of labour ; constipation ; greenish or watery, foul-smelling discharge ; patient is lean and hysterical. *Acid Nitric* 6 : Leucorrhœa is due to syphilis, excessive use of mercury, or chronic ill-health ; discharge at first turbid and thick, becoming after 5 or 6 days watery and saneous with foul smell. *Kreosote* 6 : Yellow discharge, smelling like fresh grains and coming on 4 or 5 days after menstrual period ; smelling outside the uterus ; itching and stinging pain ; pain in the back ; discharge produces ulceration on thighs. *Bryonia* 12 : Chronic discharge like that of egg-albumen ; patient imagines her head swollen or big. Leucorrhœa acrid, thick, tough, greenish, appears after menses. Cannot bear tight clothing around waist. *Borax* 6 : Discharge is like white of an egg and hot. Sensation as if warm water was flowing. *Graphites* 30-200 : Thin light coloured profuse discharge ; acrid urine ; weakness of back. *Alumina* 30 : When all medicines fail. *Sulphur* 30 : Where patient has suffered long.

If the discharge is white or yellowish : *Merc. Sol., Sepia, Calc. Carb., China, Natrum Mur.* The watery discharge : *Sabina, Ferrum, Puls.* Strong acrid discharge : *Acid Nitric., Puls., Ars., Kreosote.* Hot scalding discharge : *Graphites* 3x or *Hydrastis* 3x. Milky discharge : *Silicea, Calc. Carb., Puls., Lyco., Ferrum* Saneous discharge : *Lyco., Kreosote, China.* Greenish discharge : *Carbo Veg., Sulphur* 30, *Merc., Kreosote*, Yellow discharge : *Kali bi.* Fœtid discharge : *Carbo Veg., Calc. Carb., Sepia, Puls.* Thick discharge : *Sepia, Mezereum, Zinc.* Discharge only during night : *Ambra Grisea* 3, *Causticum* 30. Discharge only during day : *Alumina.* Discharge on rising in the morning : *Carbo Veg.* [All these are to be used in 6th potency. Stop taking the medicines from time to time].

Patient should lead a physically and morally clean life. Irrigation of vagina is recommended when pregnancy is not present and foul-smelling discharge is present. Light nutritious diet that is not stimulating, good hygienic surrounding and an easy life are recommended.

MENOPAUSE

Naturally, by the times a woman is 40 or 45 years of age, the menses tend to stop. Where this is not the case medical aid is called for. It is a critical time for women ; most of the women suffer from some obstinate and painful disease at this time.

Treatment :

Lachesis 6 (The chief medicine) : Occasional sensation of heat-flushes, sweating, burning sensation in head, aggravation after waking. *Sanguinaria* 3x or *Amyl Nitric* 3. In nervous symptoms, where *Lachesis* fails. In much sweating or salivation : *Jaborandi* 2x. In headache : *Glonoine* 3. In burning sensation at the crown of head : *China* 6 or *Ferrum* 6. Empty feeling at pit of stomach : *Hydrocyanic Acid* 6. (If the patient is sout, *Aconite* 3).

Try also—*Sulphur* 30, *Ignatia* 3, *Cimicifuga* 3, *Valeriana* 3, *Sepia* 30, *Calc.* 30. Light nourishing diet, excellent and cheerful surroundings, fresh air, gentle exercise are required.

CHLOROSIS (Green Sickness)

This is a form of anæmia in which the skin assumes an earthy or greenish-yellow complexion. It affects both the sexes, particularly the young girls at the age of puberty. It leads to scanty or irregular menses; the skin is cold, there are chilliness, headache, swelling of the eyelids, black ring around the eyes, palpitation, weak pulse, indigestion, constipation, fidgety temper, loss of appetite. Bleedings, masturbation, menstrual disorders, indolent in-door life, anxiety, etc. are the causes.

Treatment :

Ferrum Redactum 2x (*trit.*) : This is the principal remedy. Give a grain twice daily. Its characteristics are: sallow complexion, indigestion, chilliness, occasional flushes of heat, headache, cold extremities over-sensitiveness, menorrhagia or amenorrhœa. ***Graphites*** 3x : Scanty menses; dry, hard skin; constipation; hot discharge. *Calc. Carb.* 3-30 : Neuralgia, sweating of the head; cold feet, increase of nodes. *Ars.* 30 : Much hæmorrhage with dropsy, abuse of iron, exhaustion. *Puls.* 3x-6 : Complete amenorrhœa or menorrhagia; amenorrhœa due to exposure to cold and exhaustion of patient. *Natrum Mur.* 12x (*trit.*)-30 : Sensation of cold in hip-joint and of weight in lower abdomen; dropsy, Constipation, amenorrhœa, with occasional spots, anxiety.

Try also—Sepia 12, Platina 6, Acid Phosph. 6, Sulphur 30, Plumbum 6, Petroleum 30, Calc. Phosph. 6x-30, Helonias 2x, Arg. Nit. 30; also the remedies described elsewhere under "anæmia" and "phthisis."

Cold sea-bath, open-air exercise, whole-meal bread, yellow of eggs, fresh vegetables, ripe fruits, milk, dadhi (curd), etc. are recommended. Basking in the sun is very helpful.

DISEASES OF THE UTERUS

HYSTERALGIA

Pain in left in the uterus as well as in the entire pelvis: this is neuralgic in character and appears during the menstrual period and is aggravated by movements. Loss of appetite, restlessness, nausea, insomnia, digestive disturbances are the accompanying symptoms.

Treatment:

Cimicifuga 3x-30: Is the principal remedy. ***Arnica*** 6: Due to movements after delivery, or hard labour during menstrual period. If digestive disturbances are present *Chamomilla* 6, *Nux Vom.* 30, *Merc.* 6 or *Puls.* 6.

HYSTERIA

Sudden seizures of fits, with or without convulsions or unconsciousness, principally due to pain or discomfort.

of a chronic character associated with the genital organs characterize this illness.

Treatment :—*Vide* page 209.

METRITIS

Acute metritis is caused by sepsis occurring during or after labour. The cervix is the part first affected. Fever with chill and rigor and pain in the lower abdomen usher it. As soon as these appear, give *Veratrum Viride.* 3x. Then try *Nux Vomica* 30, *Pyrogen* 30, *Bell.* 6, *Colocynth* 6, *Rhus Tox.* 6, *Lachesis* 30-200. As this disease is likely to lead to grave consequences, consult a qualified doctor at once. If however it is due to cold, try *Aconite* 3x.

Chronic metritis :—*Causes* : Want of proper contraction of uterus after delivery ; artificial prevention of conception ; chlorosis. **Symptoms :** The uterus is bulky, sensation of heaviness in lower abdomen, pain in loins and breasts, dysmenorrhœa or other menstrual troubles, painful, coitus, pain and urging sensation in urethra and rectum, hysteria.

Sabina 3x : Much hæmorrhage, blood discharged is scarlet red and is either liquid or in clots. *Bell.* 3x : Sensation of weight and burning in the uterine region, sensation as if the contents of the abdomen are about to force out. *Sepia* 12 : Lobour-like pain, slight bleeding, itching in vagina. *Hydrastis* 3x-30 : Ulcer in vagina, os and cervix ; deep yellow leucorrhœal discharge.

Try—*Ars. Met.* 30, *Aur. Mur. Nat.* 3 (*trit.*), *Puls.* 6, *Murex* 6, *Lachesis* 6, *Cimicifuga* 6, *Sulphur* 30. The uterus should be douched twice daily with warm water or with lotion of *Hydrastis 0* (1 part in 10 parts of water), if ulceration is present. Coitus and tight lacing are forbidden.

Diet :—Should be light and nutritious.

METRORRHAGIA

If bleeding takes place independently of menstruation it is called metrorrhagia. Tumours of uterus, delayed or partial delivery of placenta, injuries, etc. are responsible for it. Profuse bleeding, exhaustion, loss of appetite, inability to sit or stand up, etc. are the principal symptoms. If the blood is scarlet red, it is arterial ; if dark, venous.

Treatment :

If scarlet red blood is passed : *Sabina* 3x. If dark blood is passed : *Hamamelis* 3x. If due to injury : *Arnica* 3x. If it occurs during menopause : *Vinca Minor* 3. If after labour or abortion : *Secale* 3. In chronic state *Sulphur* 30, *Secale* 30.

Try also—*Arg. Nit.* 6, *Hyoscyamus* 3, *Lachesis* 6 and medicines suggested under "Menorrhagia" and "Dysmenorrhœa."

HYDRO-, HAEMATO- or PHYSO-METRA

Owing to natural closure of the os or to artificial closure as the result of local ulceration, as well as to endrometris, water, blood or air may accumulate inside it. If it is air, it escapes now and again, with the production of unpleasant sounds. For physo-metra (accumulation of wind in the uterus), give *Bell.* 3x or *Lyco.* 12. For hæmato-metra (accumulation of blood in the uterus) or hydro-metra (accumulation of fluid in the uterus), give *Calc. Carb.* 6, *Carbo. Veg.* 30.

UTERINE TUMOUR

Tumours varying in size from a pea to twenty seers in weight and single or multiple may form on, inside, or in the tissues of the uterus. They may be benign or malignant and may discharge blood or pus. In all forms of tumour, give *Calc. Iod.* 3x (trit.) 4 doses daily (1 grain in each dose) ; failing this, try Lachesis 30.

UTERINE CANCER

As soon as cancer is suspected, give *Thuja* 3-6 ; when the diagnosis is confirmed, give ***Hydrastis*** 1, and ***Carcinosin*** 30, once every week. If bleeding occurs, apply

Hamamelis locally. *Ars. Iod.* 6 is applicable in the first stage of cancer and *Thuja* 30 when *Ars. Iod.* fails. Syphilitic growths also are benefitted by *Thuja*.

DISPLACEMENT OF UTERUS

Any straining that is severe or prolonged or repeated, such as during constipation, vomiting, jumping, tight lacing, etc.—especially if too early after delivery, repeated use of purgatives piles, etc. are liable to displace the uterus. The displacement may be forward. backward or to one side and may be inside the pelvic cavity. But in rare cases, the uterus comes inside-out like an inverted pocket or can descend into and be seen through the vagina. Pain in lower abdomen, pain during easing oneself, leucorrhœa, scanty or profuse menstruation, dysmenorrhœa, sterility, etc. are the consequences.

Treatment :

Sepia 12 (the principal remedy), *Aur. Mur. Nat.* 3x (*trit.*), *Calc. Phosph.* 12x (*trit.*), *Bell.* 3x, *Cimicifuga* 1x, *Ferrum Iod.* 3x (*trit.*), *Secale* 6, *Stannum* 6.

The patient should be made to lie on her knees and chest, and by means of the ring and middle finger, the uterus should be gently put back into its natural position and a "pessary" applied to it, so as to prevent its falling back. The patient should avoid all the causes and lead a quiet life.

OTHER UTERINE TROUBLES

Pain in the Uterus :—*Cimicifuga* 3x, *Magnes. Mur.* 6.

Swelling of the Uterus :—(especially in multiparous women) :—*Aur Mur.* 6x (*trit.*) or *Sepia* 6.

Accumulation of fluid inside :—*Sepia* 6.

Air inside :—*Brom.* 3-30 or *Bell.* 3.

Gangrene of the Uterus :—*Ars.* 6, *Carbo. Veg.* 6-30, *Secale* 3-30, *Kreosote* 6.

DISEASES OF THE OVARIES

OVARIES

Injury, retching, chill and cold, coitus during menstrual period are the causes of acute ovaritis. If the acute condition does not subside, it leads to chronic ovaritis. Part in the lowermost two or one flank of abdomen, tenderness on pressure, nausea, fever, pain during coitus, or a strong desire for it, are the usual symptoms.

Treatment :

Acute Ovaritis :—*Aconite* 3x : Ovaritis due to sudden suppression of menses from cold ; pain during micturition. *Apis* 6 : Ovaritis of right ovary, stinging pain, scanty urine, no thirst. *Lachesis* 6 : Inflammation of left ovary, accumulation of pus ; exquisite tenderness over uterus, even the weight of clothes is unbearable.

Try also—*Belladonna* 3x (if pain is of stitching character), *Merc. Cor*, 6, *Puls*. 6, *Hamamelis* 6, *Colocynth* 6, *Ferrum Phosph*. 12x (*trit.*).

Chronic Ovaritis :—*Conium* 6 : Ovary is hard *i. e.*, pus has not formed yet ; menses scanty ; sterility. If it fails, try *Platina* 6, *Graphites* 30, *Thuja*. 6 (if left ovary is indurated), *Aur. Mur. Nat*. 3 (*trit.*), *Lilium* 6, *Calc. Phosph*. 6x or *Cimicifuga* 30. If pus threatens :- *Merc. Cor*. 6. If pus has formed : *Lachesis* 6, *Hepar* 6 or *Silicea* 6. If much exhausted owing to free discharge of pus : *China* 6 or *Acid Phosphoric* 6. If ovaritis is associated with gonorrhœa : *Acid Nitric* 6-30, *Aur. Met*. 3-200, *Puls*. 3-30, *Merc*. 6 (if mercury has not been used already), *Thuja* 30-200.

Secure rest from sexual intercourse, rest in bed, and apply locally dry fomentation.

OVARIAN DROPSY

The accumulation of serum inside the ovary is called its dropsy. A sense of weight in the organ, enlargement of abdomen ; difficulty in breathing, in making water or in passing stools secretion of milk in breasts, etc. are the usual *symptoms*.

Treatment :

Apis 3 : Stinging pain in ovary, enlargement of abdomen, scanty urine, to thirst. *Iodium* 3 : Wedge-like pain from right ovary to uterus ; feeling as if all abdominal organs would force out of the vagina ; acrid leucorrhœa ; dry condition of ovary and breasts.

Try also—*Aur. Mur. Nat.* 3x, *Platina* 30, *Kali Brom.* 1x (*trit.*), *Ars.* 6, *Graphites* 6, *Lachesis* 6, *Secale* 3, *Lyco.* 6-30, *Zincum* 6.

OVARALGIA

It is a neuralgic but not an inflammatory pain. It starts suddenly and diffuses all over. Nausea, flatulence, palpitation, scanty urine are the symptoms.

Treatment :

Naja 6 is the best remedy. *Atropia* 3x (*trit.*) may be given at the commencement, and *Zinc Valeriana* 3x (*trit.*) at the end of the pain. If there is mental excitement *Staphysagria* 6, *Magnes. Phosph.* 3x-12 (in hot water). Avoid coitus.

OVARIAN TUMOURS

The tumours may be painful or painless. Increase in the size of the abdomen, displacement of uterus, dropsy, fever & leucorrhœa may be present.

Treatment :

Bell. 3, *Iod.* 1, *Apis* 3, *Kali Brom.* 1x, *Secale* 1, *Colocynth* 3, *Lachesis* 30, *Aur. Mur. Nat.* 3x.

OTHER DISEASES OF THE OVARIES

DISPLACEMENT : *Bufo* 6, *Conium* 3.

CANCER : *Ars.* 3x-6, *Kreosote* 6, *Lachesis* 30.

INDURATION (chronic) : *Aur. Mur. Nat.* (*trit.*), *Graphites* 6.

HYDATID : *Merc.* 3, *Canth.* 6.

PAIN : *Cimicifuga* 3, *Naja* 6, *Hamamelis* 3x, *Canth.* 3, *Lilium Tig.* 3, *Puls.* 3, *Paladium* 6, *Lachesis* 6, *Hepar* 6.

RIGHT OVARIAN DISEASES : *Bell.* 3, *Calc.* 6, *Sepia* 6, *Lyco.* 12, *Apis* 3.

LEFT OVARIAN DISEASES : *Lachesis* 6, *Lilium Tig.* 30, *Kali Carb.* 6, *Stram.* 6.

CHRONIC OVARIAN DISEASES : *Conium* 3.

DISEASES OF THE VAGINA

VAGINITIS

It is an inflammation of the vagina, causing its swelling, heat and discharge of pus and itchiness ; there is also pain during making water. Gonorrhœal infection, excessive coitus, rape, injuries during delivery, blood-poisoning, worms, exposure to cold, wet and damp are the usual causes. This disease whether acute or chronic does not influence the menstrual flow.

Acute Vaginitis :—Fever with rigor, sensation of weight and pain in loins thigh and buttocks ;

discharge of mucus from vagina, scanty urine are the **symptoms.**

Treatment :

If due to cold, give first *Aconite* 3x, then *Merc.* 3. If due to gonorrhœa, *Sepia* 12. If due to injury, *Arnica* 3. If pain during micturition is severe, *Cantharis* 3x-3. Keep the patient to bed for a week or so.

Chronic Vaginitis—Symptoms :—Bluish red pimples on the vaginal mucous membrane, relaxation of its membrane, profuse white or yellow purulent discharge.

Merc. 3 and *Sepia* 2x (*trit.*)—are the principal remedies. *Borax* 2x (*trit.*) : Profuse purulent discharge. *Acid Nitric* 6 : Pus, burning sensation and ulceration are present or pimples are present or there is history of abuse of mercury.

Try also—*Calc.* 3, *Puls.* 6, *Kreosote* 6, *Sulphur* 30.

VAGINISMUS

This is a painful spasm of the muscles of the vagina, as soon as the male organ is attempted to be introduced. The pain may be so severe as to bring on fits of unconsciousness. Newly married girls who dread to go to their husbands should be examined for this disease.

Treatment :

Silicea 6, *Nux Vom.* 6, *Bell.* 6, *Ignatia* 6, If there is lead in the system, *Plumbum* 6.

Hot hip-sitz-bath and abstinence from coitus are recommended.

IMPERFORATE HYMEN

This is a natural defect due chiefly to toughness of the hymen. If present and not ruptured by the male organ, during attemps at coitus, the use of a probe or knife will do the needful. If not ruptured menstual blood accumulates behind it and causes pain.

PROLAPSUS

Owing to accumulation of hard fæces, or over-distension of urinary bladder, or during or after protracted labour, the vagina may fall forward—causing weight in lower abdomen, pain in walking and swelling of the rectum.

Treatment :

Stannum 6, *Kreosote* 6, *Sepia* 30 (weight sensation in rectum and feeling of as if all intestines are about to fall out). *Arnica* 3x (if due to injury at coitus) ; *Merc.* 6, *Bell.* 3, *Lachesis* 6, *Sulphur* 30, *Apis* 6.

Patient should keep to bed, and have occasional warm sitz-baths.

PRURITUS VULVAE

This is due chiefly to diabetes or dirt.

Treatment :

Sulphur 30 : Irritation pimples that itch ; sensation of local warmth ; piles. *Dolichos* 6. Unbearable itching, aggravated at night, jaundice, pasty stool. *Ars.* 30: Vesicles present, gangrene commenced. *Caladium* 6, *Acid Nitric* 30, *Lyco* 12, *Carbo Veg.* 30, *Natrum Mur.* 30, *Nux Vomica* 6, *Sepia* 12, *Petroleum* 6.

Shave the part well. Wash with *Calendula θ* lotion (1 in 10 of water) and apply *Calendula θ* rubbed up in ghee.

OTHER DISEASES OF VAGINA

Tumours : *Carbo Animalis* 3-30, *Carbo Veg.* 6-30, *Ars.* 6, *Kreosote* 6.

Escape of air from Vagina ("Talkative Vagina") *Bromium* 3-30.

Encysted Tumours : *Baryta Carb.* 6, *Silicea* 30, *Sepia* 6, *Sulphur* 30, *Calc. Carb.* 6.

Bleeding from Vaginal Tumour : *Cocus Cactus* 3x (*trit.*) (unbearable pain), *Arnica* 3 (bleeding due to injury or coitus), *Puls.* 3 (character of blood changing), *Phosph.* 6, *Lachesis* 6, *Kreosote* 6.

Gangrene : *Ars.* 6, *Bell.* 3, *Lachesis* 6.

Hardening of Mucous Membrane : *Bell.* 3, *Conium* 6.

Sinus, Running Sore : *Sulphur* 30, *Calc. Carb.* 6, *Lyco.* 30, *Silicea* 6, *Hepar* 6, *Aurum* 6, *Thuja* 30, *Sepia* 30, *Lachesis* 6.

STERILITY

The cause of it is more often present in the male than in the female. In the case of females, immaturity or diseases of the genital organs is the cause. When immaturity is the cause, no medicine is availing. In other cases use : *Conium* 3—One of the best medicines ; especially where there is fault in the ovaries, menses are scanty and there is pain in the breasts *Borax* 6—Where much leucorrhœa is present.

Try also—*Iodine* 6, *Sepia* 30, *Aurum* 30, *Phosphorus* 30, *Nat. Mur.* 30.

If it is the male who is responsible, let him take *Conium* 3, *Iodium* 6 (See Impotency).

DISEASES OF THE BREAST

Pain : *Conium* 3 : If pain is present before menses. *Sanguinaria* 3x : Right breast is too painful to permit any movement of right arm. *Cimicifuga* 3x : Severe pain in the left breast.

Tumour : *Phytolacca* 3x : In long-standing tumours. Apply externally lotion of Phytolacca θ, 1 in 10 of water.

Abscess : *Bell.* 3x : Threatening abscess ; swelling, redness, throbbing & pain. *Bryonia* 3x : Inflammation is more severe and hardness and pains are severe than in cases of Belladonna. *Phytolacca* 2x : Where Bryonia fails. *Hepar Sulphur* 6x : When sinus forms.

Cancer : *Hydrastis* 1x : Internally and *Hydrastis* θ (1 dram in 4 oz. of water) application locally. *Ars.* 3 or *Ars. Iod.* 3x. *Conium* 3 or *Cicuta* 3 may be used where 2 months' use of Arsenic has not been beneficial. See Mastitis.

SPINAL IRRITATION

As the result of tubercular diseases of the bones of the spines or of all or concussion in railway accidents, spinal irritation may be set up. The symptoms are vague and indefinite, but tenderness over certain spines may be present.

Treatment :

Arnica 3 : If due to injury. *Cimicifuga* 3 : If due to uterine diseases. *Rhus Tox* 6 : If associated with neuralgic pains.

Take rest as much as possible, avoid stooping or cramped posture, live in open air and eat nourishing diet.

COCCYGODYNIA

This is a neuralgic pain felt in the muscles and tissues attached to the coccyx bone (the last bone at the bottom of the spine). It is commonly the result of injury and causes pain during coitus, micturition or defecation, during menstruation and on movements.

Treatment :

If due to trauma *Arnica* 3x-6, or *Ruta* 3x. If not due to trauma : *Phosphorus* 6 or *Lachesis* 6. If pain is felt on standing up from the sitting posture, *Lachesis* 6-30.

PREGNANCY

Signs of Pregnancy : Stoppage of menses in a woman in health, morning sickness, feeling of fœtal movements by the mother, enlargement of abdomen, prominence of and pigmentation around the breast-nipples, crack-like marks on abdomen and presence of heart-sounds of the fœtus are the commonest signs. Just as man's heart beats, so does that of the fœtus inside the abdomen. The fœtal heart beats at the rate of 120 or 140 per minute. If the fœtal heart beats 126 to 135, probably it is going to be a male child ; if 145 or over, a female child.

Determination of Sex : Nobody knows why male or female child is born at different pregnancies. But it is supposed that conditions of good nourishment of mother bring on female and bad nourishment, male children respectively, See Gedde's "Evolution of Sex," Thompson Rolp Young's "Evolution of Sex." Havelock Ellis' "Man and Women," Drummond's "Ascent of Man."

Duration of Pregnancy : 280 days—*i.e.* ten lunar months or 9 calendular months and 10 days. This is calculated from the last date of menstruation.

Hygiene of Pregnany : *Diet* :—A pregnant woman should take the plainest and most nourishing diet and shun all food that is rich or stale or indigestible. She should not gratify all her longings, to the detriment of her child. Diarrhœa and dysentery are very apt to bring on abortion, and should be avoided at all costs.

Dress : A dress that tightly compresses the abdomen is injurious. A pregnant woman's dress should be loose and hang from the shoulders.

Exercise : Open-air exercise is always to be insisted on. Riding, cycling, jumping, driving over rough roads, hill climbing, driving in bullock-cart, boat-trip should all be avoided, as much as coitus and sudden exertions like straining at stool, lifting heavy things, violently using the grinding stone, running up a flight of stairs, slipping the foot, tripping upon an object. A pregnant woman should take legitimate amount of rest but never lead idle life. Long journeys are best avoided. Getting wet is to be avoided. She should be scrupulously clean in person and dress.

Mental Hygiene : It is believed but the mental condition of the mother during pregnany is transmitted to her offspring. A pregnant woman therefore should cultivate a cheerful, genial disposition ; and avoid fright, passions and crotic thoughts.

Infectious Diseases : Pregnant women are peculiarly suscesptible to infectious diseases which not only cause abortion but tend to kill the mother. Hence a pregnant woman should keep as far away from infectiona as possible.

DISEASES OF PREGNANCY

Fainting : Lay her quiet on a comfortable place and remove all constriction in her dress. Let in pure air from all sides and do not lift up her head nor place it on a pillow. Dash cold water on to her face and let her inhale *Spt. Camphor 0* or *Moschus 0*. If the fainting is due to loss of blood, *China* 30 ; if to fear, *Opium* 6 ; if to grief, *Ignatia* 6 ; if no heart weakness, *Digitalis* 6 ; if to nervous exhaustion, *Acid Phos*. 6. [Remember that in the latter half of pregnancy, a terrible disease, called ECLAMPSIA is common among women ; it comes on as a fainting fit and is attended with convulsions. Never treat such a case but at once call in a qualified doctor.]

Headache and Dizziness : If due to congestion of brain and associated with formation of black streaks round the eyes, *Aconite* 3. Throbbing headache, flushed face and eyes, ringing in the ears, *Bell.* 6. Sudden twings of pain in the head, *Nux Vom.* 30 [See Headache].

Pain in back and Loins : *Bryo.* 3, *Rhus Tox Secale* 30 are the best medicines. Labour-like pains in lower abdomen : *Secale* 3. Pain due to much labour : *Arnica* 3. Back-ache : *Calc. Carb.* 6, *Causticum* 6, Pain on side (right or left)—*Cham.* 6, *Puls.* 3, *Phosph.* 3, *Acon.* 3x.

Keep the parts warm by wrapping them with flannel.

Toothache : If accompanied with fever : *Aconite* 3x. If due to nervous irritation or to dyspepsia : *Calc. Fluorica* 6, *Merc.* 6, *Nux Vom.* 30, *Chamomilla* 12, *Antim Crude* 6, *Kreosote* 12. See Toothache p. 297.

Dropsy : In swelling of legs, thighs and external genitals as the result of obstructed venous circulation: *Ars.* 30, *China* 6, *Apis* 6, *Ferrum* 30.

Nausea & Vomiting (if severe) : *Symphoricarpus Racemosa* 2-3 or 200 is the chief remedy, especially if attended with such indications as : constant nausea or vomiting ; indigestion ; relish for food is now present now lost ; water-brash ; bitter taste in mouth ; constipation ; aversion to all kinds of food ; relief on lying on the back. Incessant vomiting, bringing up mucus and bile ; threatening diarrhœa ; constipation, eructations ; water-brash ; hiccup ; vomiting at or after break-fast : *Nux Vom.* 30.

Try also—*Aletris Farinosa* θ-3, *Kreosote* 6, *Sepia* 30.

Water-brash : Due to acidity or over-eating : *Merc.* 6. is the principal medicine. Acid eruption, sudden belching of bitter liquid. Heart-burn, loss of appetite, constipation, burning pain at the pit of stomach, acid water-brash : *Carbo Veg.* 30. Constant water-brash with acid eructations : *Calc. Carb.* 30.

Varicose Veins : Owing to the enlarged abdomen pressing on the veins, the veins of genitals, thighs, etc. become enlarged and knotty. Give *Hamamelis* 3 internally and *Hamamelis* θ lotion (1 in 8 of water) locally. If the veins cause pain, *Puls.* 3. If debility is present, *Formica* 3x. In chronic cases, *Fluoric Acid* 6. If a vein bursts and bleeds press over the part by a pad of wool soaked in *Hamamelis* θ. Try *Ferrum Phos.* 3, *Plumbum* 6.

Pulsatilla 3 may be used as a preventive. Keep the patient to bed in serious cases.

Cramps : These occur in the 4th or 5th month, affecting the muscles of thighs, abdomen, back and loins. If in the thigh and legs, *Chamomilla* 6. If cramps are associated with headache, loss of appetite, nausea : *Nux Vomica* 6, *Bryo*. 6, *Sepia* 6. If diarrhœa is present : *Iris* or *Verat. Alb*. 6. Cramps in loins and abdomen, *Colocynth* 6, *Cuprum* 6, *Nux Vomica* 6. If associated with tympanitis : *Lyco*. 6.

Dribbling of urine : *Cannabis Sat*. 1x, *Cantharis* 3, *Cina* 3, *Bell*. 3. Avoid salt and hot and acid things.

Scanty or suppressed urine : This is due to pressure of the pregnant uterus on the kidneys or rather to poisons circulating in the system as the result of pregnancy. Let her drink milk well-diluted with water or barley-water and sugar of milk. If actually suppressed, give *Camphor θ*, *Cantharis* 6, *Bell*. 3. [See p. 350]

Constipation : Use ripe bæl or papaya, *Collinsonia* 3x, is the principal remedy. Use elso *Nux Vom*. 30, *Bryo*. 6, *Sulph*. 30, *Opium* 30, *Plumbum* 6. [See p. 316]

Diarrhœa : *Merc. Sol*. 6, *China* 6, *Acid Phosph*. 6, *Sulphur* 30, *Podophyllum* 6. [See p. 320]

Heart-burn : *Puls*. 6, *Capsicum* 6, *Calc. Carb*. 6.

Sleeplessness : *Coffea* 6, is the principal remedy. If insomnia is in the last part of night : *Sulphur* 30. If associated with fever : *Acon*. 3. If due to pain to cramps in legs : *Chamo*. 3, *Verat*. 6. [See Sleeplessness p. 218]

Longing : For burnt earth or clay : *Carbo Veg* 6. For chalk : *Calc. Carb*. 6.

Palpitation : *Digit*. 3. If due to indigestion : *Nux* 6.

Piles : If painful : *Nux Vom*. 6, if associated with constipation : *Collinsonia* 3x.

Cough : (dry and hacking) : *Aconite* 3, *Nux Vom.* 6. [See p. 290].

Pain in urination : *Spt. Camphor* is the chief remedy. Try also—*Acon.* 3, *Bell* 6, *Apis* 6, *Ars.* 6, *Cantharis* 6. [See p. 353].

Menstruation : This is rare and never occurs after the third month. *Cocculus* 6, *Phosphorus* 6.

Pains : If cramps occur anywhere, *Viburnum Op.* 3 or *Colocynth* 6. Throbbing pain in heart, *Arg. Met.* 6. Pain due to fœtal movements : *Arnica* 3, *Sepia* 6, *Thuja* 30, *Copium* 6.

Gripes : *Chamomilla* 12 or *Nux Vom.* 6—one dose suffices. Try *Calc. Carb.* 6. [See p. 312]

Fever : If it is intractable, *Aconite* 6.

Cramps : In feet or legs, *Cuprum* 6, *Gels.* 3.

Itching of external genitals : *Borax* 3, *Ambra Grisea* 6. Apply Borax dissolved in water twice daily.

Pendulous abdomen : Bandage it up.

Distended abdomen : If the enlarged abdomen becomes a sourse of pain and discomfort, apply oil and give internally *Bell.* 6 or *Nux* 6.

Discomfort owing to fœtal movements : *Opium* 6, *Arnica* 3.

White discharges from vagina : If milky, *Calc.* 6. If watery or yellowish, *Sepia* 12. If much weakened by it, *China* 6. If attended with itching and desire for coitus, *Platina* 6. [See Leucorrhœa, p. 422].

Pain in breasts : Pain, heaviness and redness, *Bell.* 3. Heavy, swollen but not red, *Bryonia* 3.

Inflammation or ulceration of Nipples : If inflammation is due trauma, *Arnica* 3 internally and *Arnica θ* lotion locally. If nipple is ulcerated or raw, *Hydrastis* 3 internally and *Hydrastis θ* (1 in 8 of water) locally.

Pain due to enlargement of breasts : Neuralgic pain, *Conium* 3. Due to inflammation, *Bell.* 3 or *Bryonia* 3.

Mental troubles : Melancholy, *Cimicifuga* 6. In agony, *Ignatia* 6. In fear, *Aconite* 3. In anger, *Chamo.* 12.

False pains : *Chamomilla* 6. *Puls.* 30, *Cimicifuya* 3, *Cauloph.* 3x.

Hæmorrhage during Pregnancy : If due to fall, coughing, weeping, etc., *Arnica* 3. If due to situation of the placenta over the os ("placenta prævia"), *Trillium θ*. This is a most dangerous condition and should be treated only by skilled obstetricians. It occurs in the last ond or two months and is associated with labour pain.

Diabetic errors of parents : The effects of such errors are transmitted to the offspring. To prevent this, give once every month, the following, according to indications : *Calc. Carb.* 30, in parental scrofula.. *Bacillinum* 200, in parental tuberculosis. *Psorinum* 30, if parents suffer from foul-smelling skin-disease. *Silicea* 30, in parental rickets, etc.

Try also—*Baryta Carb.* 30, *Iodum* 30, *Thuja* 30, *Merc.* 30, *Causticum* 30, *Sepia* 30, *Sulphur* 30.

ABORTION

There are certain women in whom abortion is too easy ; there are others in whom nothing can bring it about. The **causes** usually in operation in those who are prone to it are :—Displacement of uterus or diseases of uterus, syphilis, diseases of kidneys, acute infectious diseases, heart diseases, mental emotions, fall, joy or over-exertion, violent diarrhœa or bad dysentery, persistent severe coughing, acute poisoning, etc. The **Symptoms** are : Bleeding and pain in the back and lower abdomen. Remember 3 things : (1) Many woman dates her broken health from the date of her abortion, (2) That "premature labour" is the term that is applied to delivery of fœtus during the last three months ; "Miscarriage" during the intermediate three months ; "Abortion" to that during the first three months. (3) That it is very difficult to rear a child born alive befor the 3th month.

Treatment :

(1) PREVENTIVE—*Sabina* 3 : If abortion threatens during the first 3 months. *Sesale* 3 : If miscarriage of premature labour threatens. *Arnica* 3 : If abortion is threatened on account of injury. *Chamomilla* 6 : If it is threatened in consequence of mental excitement. *Viburnum Op.* 3x : If there is spasmodic or colicky pain.

(II) AFTER ABORTION HAS OCCURRED : Call in the best midwife. If there is delay in the delivery of the placenta : *Puls.* 30-200. If patient is weakened by bleeding : *China* 6-200.

(III) To PREVENT REPEATED ABORTION : At least one month previous to the time when abortion is expected, use these medicines according to indications :—Due to uterine diseases : *Apis* 6, *Sabina* 6, *Secale* 6. Due to diseases of placenta, *Phosph.* 6. Due to fœtal causes or maternal syphilis, *Merc. Cor.* 6. Due to parental tuberculosis, *Bacillinum* 30 (once a month). On the least appearance of pain or bleeding or mucus, keep the patient lying down in a comfortable posture and do not allow her to move about.

DELIVERY or LABOUR

(The Natural Process)

Remember that delivery is a natural process and that it ought to terminate without assistance. Three factors are involved in the delivery-mechanism : a "power," supplied by the contracting muscles of the uterus ; the "passage" formed by the vagina and uterine cavity being merged into each other forming ode ellipse ; and the "passenger" or the outcoming child. For purposes of effecting delivery, the power has to come at less frequent intervals ; the more advanced the stage of delivery is, the passage has to become soft, yielding and moistened with mucus ; and the passenger has to adapt itself to the varying shapes and contours of the birth-canal. The power of the uterus is exerted chiefly through the bag of waters which forms an excellent dilator of the passage ; the passage is helped by certain muscles lying about it ; these muscles have the invariable tendency to move forward everything coming in contact with them ; and the eminently flexible body of the child and the extremely loose and glidding skull-bones lend themselves to the necessary adaptability and moulding.

Delivery is said to be *normal*, if the back of the head comes out first and the delivery occurs within 18 hours of commencement of pain. A normal delivery requires little help from anybody. But those factors which convert a normal delivery into one of troubles are :—(1) Uncleanliness, (2) meddlesomeness and (3) artificial mode of life. The woman who is going to deliver should have the best room in the house—that which is dry, well-lighted, thoroughly ventilated without being draughty, free from smoke or effluvia ; she should have the cleanest dress, cleanest bed and bed-linen, cleanest utensils and every person entering and lying in the room should be clean in person, clean in dress and cleanly in habits. If these are not done, septic poisoning tetanus and pelvic cellulitis, etc. result inevitably.

Every person should know the importance of **the bag of waters,** but the meddlesome midwife knows it not. She is too often responsible for delayed labour, caused by her prematurely puncturing the bag of waters. She has been known to cause prolapse of uterus by pulling at the umbilical cord she has been known to tear away the placenta by similar ignorant manipulation. Every one should beware of a meddlesome midwife. She has little power for doing good but has immense power of causing irrepairable mischief. She is at best a specialized maid-servant and nothing more.

The indolent indoor-life that most Indian women lead ; tightly lancing the loin-cloth, irregular habits of visiting the closet, carelessness as to dietary and several other factors contribute to delivery being of the nature of something unnatural.

Delivery starts with pain. The following table shows at a glance the difference between real and false pain :—

True Labour Pain	False Pain
1. It starts from and is chiefly confined to the back and loins.	1. It is felt chiefly in the lower abdomen.
2. Pain is rhythmical and comes on after a certain interval.	2. Pain is irregular in onset and duration.
3. Each pain is attended with a little watery discharge and tends to dilate the os.	3. It does nothing of the kind.

The ordinary **history of commencing labour** is as follows :—The abdomen suddenly ceases to enlarge and on the contrary feels slightly emptied, in its upper part ; the patient has to make water rather frequently and feels urgings for going water-closet. The private parts feel moist and relaxed and as if stuffed up. The pains slowly start from the loins, she gets anxious, sometimes she shivers and there is a sudden gush of water—"Show"—or secretion of large amount of mucus, more or less blood-tinged.

Medically speaking, delivery or labour is divided into **three distinct stages** : *First stage*—is that which is concerned in the dilatation of the cervix. In a primipara *(i. e.* one who is going to deliver for the first time) it occupies about 16 hours, in a multipara (who has had several issues), 11 hours. *Second stage*—is that occupied by the extrusion of the child ; it occupies in a primipara, 2 hours ; in a multipara, 1 hour. *Third stage*—is that occupied in the expulsion of the placenta ; it is usually done in 20 minutes

During the first stage let the patient alone. Let her have her usual meal if she can take it ; if not, let her have milk or soup. She can and ought to be up and about as much as she can. Encourage her to visit the closet as often as she likes and secure a thorough evacuation of the bowels. Let no anxious or pessimistic or fearsome faces be about her. Keep up the spirits by encouraging and cheering talks. Summon the midwife ; and just as the pains are getting very frequent and painful, put her into the lying-in-room.

During the Second stage (usually but not invariably ushered in with a gush of water)—let her lie at ease and give her something to pull upon, when the pains are very strong. If for any reason the pains get dull, let her rest a while, when pains will start again. It is not advisable to get her sick. The wisest midwife will at this stage try to save the perinæum from rupture.

AS SOON AS THE CHILD IS BORN, quickly wipe mucus out from its mouth and see that the umbilical cord does not strangle it or that the cord is not pressed upon or strained over much. Lay the child by the mother if it has already cried lustily. If it has not cried, slap it, dash cold water on to its face or chest and alternately dip it in cold and hot waters. Do not be in a hurry to cut the navel cord, until pulsation in the cord has ceased.

TO TIE THE CORD, use clean thread or silk—neither too fine nor too thick. Tie the cord first at one inch distance from the child's abdomen and another at any 3 inches from the abdomen. Cut the cord by means of a clean pair of scissors, between these ligatures. Having cut the navel cord, put over it the dust of burnt rag if no boric wool is available. Never put dust or unclean rag on to it. Then anoint the body with mustard, cocoanut or olive oil and finally sponge the body with a rag wrung out of cold water (in summer) or warm water (in winter). Then wrap it up in warm clothes and put it by. It requires no food for 48 hours but all the same it should be put to the breast 3 or 4 times in slops. The mother may take, if desired, heating substances in 24 hours. Examine all the natural orifices of the new-born to see if they are all right.

During the third stage, it is well to gently massage the top of the uterus from the abdomen. This causes its firm contraction and helps to expel the placenta.

When the placenta is out, wipe out the genitals with clean rags (previously boiled and dried) and let her put a napkin over the genitals, to catch the blood (LOCHIA) that comes out of the uterus. The mother should on no account be allowed to get up within 12 hours. The napkin may be changed as often as necessary and a binder applied over the abdomen if she wants it. She should be encouraged to sleep as much as she can and take slops, milk, barley or sago-gruel, sharbet, soups, fruit-juices. Warm fomentations or taking hot things with extra dose of ghee are not often wanted but may be allowed. A dose of *Arnica* 3x, four times a day puts her right.

We must point out again that it is very important to secure proper ventilation in the natal chamber, in day and at night, in summer as in winter ; but let it never be draughty. Unless it be on the hills or in the Punjab in winter, let no fire burn in the room ; if fire is to be kept, proper arrangement for exist of smoke must be made. We repeat, it is not necessary to foment the body of mother or child ; but there can be no harm if it is done. Never however foment the child's navel or mother's genitals or lower abdomen or loins. Custom and religious sentiments apart, it is necessary for the mother and child to be in bed for 10 continuous days. During all this time, the mother should sit up as little as possible and take ghee. Cleanliness of room, of surroundings, of person and of beddings and clothes of mother and child and their attendants in an absolute necessity for all times—at least for one month from the date of delivery. Mouth breathing on the part of the child should be discouraged, as it opens the door to tuberculosis and mental weakness. A mother should avoid coitus for a year at least from the date of her last delivery.

Treatment of complications of Labour :—If labour is delayed owing to rigid os : *Gels.* 3. Pains are mild, irregular, do not come on with vigour after first show, nausea present : *Puls.* 30. But if cramps in thigh are present with these symptoms (in a multipara) : *Secale Cor.* 30. Headache, restlesshess, flushea face and eyes, delirium, restlessness : *Bell.* 30. Unbearable pain : *Chamomilla* 6, *Coffea* 6, *Gels.* 6. After severe pain, all pains suddenly disappear, eyes and face get flushed, breathing is hurried and stertorous, lost consciousness : *Opium* 6-30. Severe convulsions, patient crying out: *Hyoscyamus* 6. Other parts of child than head may be born first—to prevent it, *Puls.* 30. Rigid os : *Bell.* 30. Difficult labour : *Arnica* 3. Fits of unconsciousness during or after labour, body cold, pulse feeble : *Camphor* θ. Placenta nor expelled or detached within an hour of delivery : *Puls.* 30 or *Secale* 30 every 15 minutes. If this fails, with left hand keep up pressure on fundus and with the clean right hand, introduced into uterus, gently scrape out the placenta. [In cases of rigid os (according to some authorities) 2 grains of *Pulv Ipecac* cause the os to dilate, pains to be strong, placenta to be easily delivered and bleeding to be small].

COMPLICATIONS OF DELIVERY

1. **Rupture :** The space between the vagina and rectum is ruptured or lacerated mostly in cases of first delivery. It requires the help of a skillful surgeon to mend it. *Calendula* lotton (10 drops in 2 oz. of water) may be applied.

2. **After-pains :** These are sometimes troublesome. *Arnica* 3x cures them. But if the mother is irritable or neurotic in temperament, give *Chamomilla* 3. If *Arnica* fails, give *Gels.* 30, *Coffea* 3 or *Secale* 30.

3. **Hæmorrhage :** Keep the patient lying down with head low and feet raised. Firmly knead the uterus and give an intra-uterine douche of water at 120°F. Give her

Sabina 3x or *Hamamelis* 3x. Later on, for weakness, give *China* 6 and for headache, *Ferrum* 6.

4. **Unconsciousness** : If associated with collapse, *Rubini's Spt. Camphor 0.* If unconsciousness comes on after slight movements or is associated with cold sweat on forehead, *Verat Alb.* 6. If due to bleeding, *China* 6, or *Carbo Veg.* 30. If fits of unconsciousness comes on pretty frequenly or last long, *Stramonium* 3x. If due to trauma, *Arnica* 3x-3. If due to fear, *Aconite* 3x or *Coffea* 6.

If patient cannot swallow medicines, let her inhale them. Give light nutritious diet (milk and barley, etc.).

5. **Convulsions** (Eclampsia) : This is a terrible complication and is characterized by repeated convulsions of increasing frequency and severity and sleeping coma. Its cause is not known ; probably toxæmia of pregnancy. During premonitory stage, *Hyoscyamus* 2x. During fits, *Bell.* 6 or *Acid Hydrocyanic* 6. After fits stop, and if mental derangement persists, *Opium* 30. If the convulsions are preceded by fever and thirst, *Aconite* 3x. If convulsions are associated with cold clammy sweat, full quick pulse and delirium, *Verat. Viride.* 1x.

6. **Sudden stoppage of perspiration** : *Dulcamara* 3, *Chamomilla* 3.

7. **Weakness** : *China* 3, *Acid Phosphoric* 3.

8. **Insomnia** (without any apparent cause) : *Coffea* 3.

9. **If no urine is passed within 12 hours** : *Aconite* 3x every 12 minutes. If 4 doses fail. *Bell.* 3 every half an hour, upto 3 doses, then *Equisetum* 1x.

10. Constipation : If absolutely no stool within 48 hours and if pain is felt in abdomen, *Collinsonia* 2x or *Verat. Alb.* 3.

11. Diarrhœa : *Hyoscyamus* 3, *Puls.* 3.

12. Piles : *Puls.* 6 internally and *Hamamelis* θ (1 In 20 of water) locally.

13. Lochia : Usually bright red blood is passed in the first two or three days ; then it becomes pale, then watery and finally purulent matter comes our before the discharge ceases—about 3 weeks' time. If however this discharge (called lochia) persists unduelly long *Secale* 3. If scarlet blood is passed for a long time, *Sabina* 3x. If lochia suddenly ceases, *Aconite* 3x. If it smells ill, *Kreosote* 3 or *Carbo Veg.* 6 internally and *Calendula lotion* θ (1 in 20 of water) to irrigate thrice daily.

PUERPERAL FEVER

This is sepsis generated in the delivered mother after child-birth by germs getting into the uterine cavity, through unclean hands or dressing, and finding suitable nidus in remnants of placenta or clots. Fever (upto 106°F.) and rigor, headache, quick pulse, pain in abdomen, sudden stoppage of lochia, of breast secretions and of sweat, fœtid purulent discharge from uterus are the usual symptoms. This disease never takes a chronic form, as stated in a Begali Homœopathic *Practice* by an eminent physician. The condition is grave one and calls for very prompt and skillful treatment.

Treatment :

Aconite Nap 3x : High fever, chill and rigor, quick, hard pulse, dry skin, abdomen distended and tender, pain in uterus, much thirst. *Verat. Viride* 1 : Severe rigor or convulsions that endanger life. Give it every 4 or 5 minutes. *Bell.* 30 : Intense pain in abdomen, restlessness, sudden stoppage of breast-milk, throbbing pain in head, face and eyes congested. *Nux Vom* 30 : If uterus in much involved. *Colocynth* 6 : If abdomen is much distended. *Kali Cyanatus* 30 : Patient cries out when sudden twinges of pain come on ; aggravation of pain the early morning hours. *Merc. Cor.* 6 : Cutting pain in abdomen, making it painful to touch ; much thirst ; bloody mucous evacuations. *Lachesis* 6 : Intense pain in abdomen, aggravated after walking from sleep. *Rhus Tox.* 6 : Inflammation inside the uterus, paralysing pain in the lower limbs, chronic fœtid discharge, typhoid symptoms. *Kali Phosph.* 3x (*trit.*) : An excellent remedy. *Pyrogen* 6-200 : In pyæmic conditions. If the high fever tends to kill, give *Ars.* 30 ; (some prefer *Lachesis* 6 alternately with *Hyoscyamus* 6).

Try also—*Bryo.* 6, *Puls.* 6, *Hamamelis* 6, *China* 6, *Apis* 6.

Apply warm fomentation over abdomen. If she is unconscious, try the usual means—dash of cold water on the face, etc. Observe absolute cleanliness.

"SOOTIKA"

(Puerperal Progressive Anæmia)

This is quite distinct from puerperal fever or sepsis and we do not as yet know its real cause. Wasting either through low fever, anæmia or diarrhœa is characteristic of this condition.

Medicines suggested :—*Natrum Mur.* 30, *Ars.* 30, *China* 6, *Ferrum Met.* 30, *Alumina* 6, *Sepia* 30, *Graphites* 30, *Puls.* 30, *Nux Vomica* 30, *Calc. Phosph.* 3, *Ferrum Ars.* 30 [See under Anæmia].

PUERPERAL INSANITY

This is the result of too much drain on the system, it may take the form of Mania or of Melancholia.

(1) During Mania - patient is very excitable and boisterous and has violent tendencies. If the mania is slight and patient is given to laughing and being queer ; quarrelsome, the mania is of obscene character, nymphomania, *Hyoscyamus* 3. Violent mania (delirium, violence, indecency, etc.) *Sramonium* 3. Mania is of a high moral order, patient wants to be let alone or in darkness, with occasional cataleply, *Cannabis Ind.* 6.

(2) Melancholy—patiene is sad, given to self-introspection or suicide and feels vacant in mind, *Cimicifuga* 6. If suicidal tendency prevails, *Aur. Met.* 6.

Try *Platina* 6, *Puls.* 6, *Agnus Castus* 3. Patient must be kept quiet.

PHLEGMASIA ALBA DOLENS

This is swelling of the leg, due to clot forming inside the vein of the thigh. The leg looks blanched, pain from lower abdomen to leg, fever, increase of lochial discharge, stoppage of breast-milk are the usual *symptoms*.

The legs must be kept warm and at absolute rest. Try—*Puls.* 6, *Hamamelis* 3x, *Apis* 6, *Rhus Tox.* 6.

REPEATED ARTIFICIAL DELIVERY

It is alleged to break down of health of the mother. Long use of ***Ferrum Phos.*** 200, *Kali Phos.* 200, or *Mag. Phos.* 200 restores the heart. If in future pregnancies, *Calcarea Fluorata* 12x (*trit.*) or *Calc. Phos.* 6x is occasionally given at least 3 or 4 months previous to delivery, delivery is said to be easy.

PELVIC CELLULITIS

This results chiefly from instrumental delivery or operations. Pain in the lower abdomen and swelling of the genitals are the chief symptoms.

Give *Apis* 3 or *Rhus Tox.* 6. If high fever exists, *Verat. Vir.* 1x.

PELVIC ABSCESS

This results from unabsorbed pelvic cellulitis. To hasten maturation, *Hepar Sulphur* 3x. If pus is already discharging, *Sabina* 6 or 30.

PENDULOUS ABDOMEN

Due to relexation of muscles of abdominal wall ; give *Calc.* 30 or *Silicea* 30 once a month.

FALLING OFF OF HAIR OF HEAD

(from debility)

Phosph. Acid 6, *China* 6, *Ars.* 6 are the best remedies.

DISEASES OF THE BREAST FOLLOWING DELIVERY

[Every pregnant woman should take care that the nipples do not get pressed on by tight jackets ; in fact the nipples should be drawn out regularly every day and kept clean. Chafing, cracking and ulceration of the nipples are to be prevented at all costs. As soon after delivery as possible, the child should be put to the breast. It is a good rule to squeeze out one drop of milk before giving suck to the child and to wash the nipples in plain water after each act of suckling. The diet of the mother, the condition of her health and especially of her bowels and the state of her mind influence the quality of her milk ; hence a nursing mother should eat only plain food, avoid night-keeping; have regular evacutions of her bowels and keep her mind cheerful].

Milk-Fever (so-called): This is a mild form of sepsis and rarely lasts beyond 24 hours. It calls for no treatment; but the child should not have the mother's milk so long as the fever lasts. If however the fever lasts over 24 hours, give *Aconite* 3x; if the breasts remain hard, give *Bryonia* 6 so long as they remain so.

Mastitis: This is due to bacterial infection. The breast swells, becomes hard and painful. If the whole breast is inflamed, *Bryo.* 6. Some give *Bryo.* and *Bell.* alternately at the commencement and give *Acon.* and *Bryo.* if there is fever. This is said to abort the disease. If the inflammation does not adate but suppuration threatens, *Merc. Sol.* 6. If pus forms, *Hepar Sulph.* 3x-30. To hasten cure, *Phos.* 6. If the breast is very much indurated, *Phytolacca* 30 internally and *Phytolacca θ* (½ dr. in 1 oz.) locally applied. Swelling, induration and severe pain, especially in left side, associated with ovarian or uterine troubles, *Cimicifuga* 30.

Sore Nipples: Apply *Calendula θ* lotion (1 dr. in 2 oz. of water). If small pimples form on the nipples, give *Graphites* 6 internally.

Painful Nipples: Pain is felt during suckling: *Phelandrium* 3x. Pain of a neuralgic character is felt from nipple to shoulder: *Croton Tig.* 3.

Lactational Exhaustion: The mother feels weak after nursing: *China* 6.

Too much milk: If the breasts secrete overmuch, *Natrum Sulph*. 12x (*trit.*) or *Puls*. 3. Apply a paste of masoor dal.

Too little milk: If no milk appears within 20 hours of delivery, *Agnus Castus* 3x. If milk-flow suddenly decreases or stops, *Asafœtida* 3. *Kalmi sak* taken internally and decoction of *Bharenda* leaves as local wash have the same effect. If milk decreases owing to anger, *Chamomilla* 6. If to fear, *Acon*. 6. If to envy, *Hyoscyamus* 6. If to grief, *Ignatia* 6.

Overflow of milk: *Borax* 3 (*trit.*), *Calc. Carb*. 6, *China* 6. Wash the nipples daily in cold water.

Induration of Breasts: From accumulation of milk: *Bryonia* 6.

Threatening suppuration of breasts: *Bryo*. 3 every 3 hours, usually aborts it. If there is no benefit within 36 hours, give *Phytolacca* 2x every 3 hours and apply its lotion (5 drops of θ in 3 oz. of hot water). If even this fails (*i.e.*, pus forms), give *Hepar* 6-30 and apply warm poultice. If sinus forms, *Silicea* 6-30.

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PART III

DISEASES OF CHILDREN

[We have indicated before what to do to the newly born child. We shall now give in detail the duties that are to be done to a child until it is one year old. Regarding **feeding,** its mother's milk is the best food for it. Where, however, the mother is dead or ill or has not sufficient milk, give it cow's milk, well diluted with plain water. Do not give anything cold to a child. If cow's milk disagrees, ass-milk may agree. Cow's milk must at first be diluted with equal bulk of water and a little sugar of milk should be added to it. The child should be fed every 2½ hours, between 4 A. M. and 10 P.M. until it is 3 or 4 months old ; thereafter, it should be fed every 3 or 3½ hours. It is an error to suppose that barley-water can not be given before teeth are out. Rice however should not be given before at least one tooth is out. We have enumerated elsewhere when the mother is unfit to give suck. Never put child to breast *between* any two feeds. As for **dress,** children require to be kept warm. But clothes that constrict any part of the body or are too heavy or too much clothes should be avoided. A child should be daily anointed with mustard oil and left for a few minutes exposed to the sun, especially in winter. It should be **bathed** daily—in cold water in summer and warm water in winter. A child should **sleep** as much and as long as possible. A child should usually lie on its back ; but it may be laid on one of its sides. Sudden changes of temperature or of food acts adversely on the child.]

If a child does not purge within 12 hours of delivery, give it *Nux Vom.* If a child of 15 months old, does not walk, then revise its diet.

[It is convenient that all medicines for infants should be given in the form of globules].

Born suffocated (asphyxiated) : Prolonged labour, umbilical cord getting round neck, etc. are causes why a child may be born looking dead. If it is bluish all over, resuscitation is easy ; if it is white all over, resuscitation is difficult. Perseverence for 3 or 4 hours has often been rewarded with success. As soon as the child is born, it ought to cry out ; if it does not, see at once that the navel cord is not pressing on its neck. Quickly wipe out mucus from inside its mouth. So long as the cord pulsates, don't cut it ; if cord is already pulseless or when it becomes so, cut in the manner indicated before. Put your mouth on the child's and forcibly breathe into its mouth ; do this 15 times a minute ; if it succeeds (*i.e.*, if breathing is restored however feebly or irregularly at first or if colour returns to its cheeks and extremtties) go on doing so. If this fails, queeze the ribs so as to expel air (expiration) and let air be aspirated (inspiration) during the elastic recoii of the chest-wall Or, alternately dip the child in icy cold and hot waters ; or holding it upside down slap on its chest ; or poke your little finger into its anus.

Inability to suck owing to feebleness or immaturity : Squeeze out the milk and put it drop by drop into the child's mouth ; do this till it can suck. If it still fails, give a globule of *China* 6.

Jaundice : This is common during the first week of birth and it passes off naturally. If it does not, give *Chamomilla* 6. This failing, try *Merc.* 6. This failing, give China 3. If constipation is present, *Nux* 30. If diarrhœa is present, *Podophyllum* 3. In chronic cases, *Chelidonium* 6.

Diseases of Navel : If it discharges serum or pus or ulceration forms, apply *Calendula* θ (10 drops in 2 oz. of mustard oil) by means of a rag, and give *Silicea* 6 internally. If however the pus is foul-smelling, then instead of Silicea, give *Ars.* 6. If inflamed (*i.e.*, there are heat, redness, swelling and pain), *Bell.* 6 or *Ars.* 6. If the navel suppurates, apply Nutmeg paste or *Nux Moschata* 2x locally and give *Nux Vom.* 30 internally. If the navel bleeds, apply *Hamamelis* θ on a piece of rag and apply pressure. If repeated bleeding occurs, give *Ars.* 6.

Umbilical Hernia : Owing to faulty division of the navel cord, too much of it may remain ; and when the child cries, portions of intestines get into it and tend to swell it. Apply a firm pad on it all day and night and give *Nux Vom.* 6 internally.

Getting Blue : Owing to congenital heart-trouble or to chill or gripes or to the air of the room being too much stuffy, the child's lips and cheeks become pale and the body blue, especially at the extremities ; the heart flutters violently, body becomes cold. *Digitalis* 3 is the best medicine. If body is icy cold, *Ars.* 6.

Try also—*Rhus Tox* 3, *Hydrocyanic Acid* 6, *Lachesis* 6, *Phosphorus* 6, *Sulphur* 30. Keep the room warm and ventilated.

Vaccination : Is compulsory by law. Where it is not so, let the child have *Vaccination* 6x (*trit.*) or 6-30 once daily, for a week. When small-pox rages all around, give *Variolinum* 6-200, once a week as long as the epidemic lasts. If the general health suffers in consequence of vaccination, give *Thuja* 6-200. If a child is vaccinated, pustules form locally and the temperature rises. If these make delay in scabbing over, apply vaseline. Take care that none of the serum or pus oozing is rubbed into the child's eyes or else they will be spoiled.

Congenital Hernia : As in the case of navel, so into the groin the intestines may protrude whenever the child cries. Pad and bandage here do considerable good ; a truss latter on in life, may cure it. If hydrocele is associated with it, give *Calc. Carb.* 6.

Congenital Hydrocele with Orchitis or Inflammation of Testicle : If it is due to trauma, *Arnica* 3. If congenital, *Bryo.* 3. If hydrocele and orchitis co-exist, *Calc. Carb.* 6. If the skin is relaxed in a child suffering from skin-diseases, *Graphites* 6. If the child is tubercular, *Bacillinum* 200 or *Ars. Iod.* 6. If scrofulous, *Calc. Carb.* 6 or *Calc. Mur.* 12x (*trit.*). Child with psora, *Sulph.* 200.

Try also—*Abrot.* 6, *Helleborus* 6, *Spong.* 6, *Hamamelis* 3.

Want of Evacuations : If a child is born with imperforate anus or malformed urinary organs, call in a surgeon. If none such exists and yet no evacuations occur soon after birth, give *Bell.* 6 or *Opium* 6 and gently massage the abdomen.

Open fontanelles : [The square and triangular gaps in the crown of the head are the 2 fontanelles]. If these do not close up by the end of 8th month, give *Sulphur* 30 once. If no benefit follows, give *Calc. Carb.* 30.

Try also—*Calc. Phos.* 12x (*trit.*), *Silicea* 30.

Measly Eruption (due to heat or uncleanliness) *Bryonia* 3-6. Bath.

Infantile Mastitis : If only indurated, *Bell.* 3. If pus forms. *Hepar* 6, *Silicea* 6. Do not irritate the inflamed breast by squeezing it. A new born child's breast may give out a drop of white fluid ; if it is squeezed or otherwise manipulated at this stage, it suppurates During the inflammation brought on by this, *Arnica* 6. If it is very red, *Bell.* 3. If pus forms, *Heper Sulphur* 6.

Tumour on Head : During birth, the head gets squeezed and in consequence, it swells in one direction or other. This swelling subsides naturally and calls for no treatment not even the officious fomentations. If however a real tumour forms, *Calc. Carb.* 6.

Moles, Warts : *Thuja* 1-30, *Thuja* θ m. v. on a lump of sugar cures warts. To prevent the possibility of warts, mother's marks, etc., forming in the future child, give to the mother, *Sulphur* 30, then *Thuja* 30 and then *Merc. Sol.* 30 ; each medicine for 4 weeks.

Mother's marks : Take *Thuja* 30 internally and apply *Thuja* θ locally. Try also—*Radium Bromide* 30 (once a week), *Calc. Carb.* 6, *Phosph.* 6, *Lyco.* 12.

Ulceration : Dirty children are apt to develop ulcers behind their ears in their arm-pits or groins, etc. If due to itches or pustules, *Sulphur* 30. If due to unhealthy condition of skin, *Calc. Carb.* 6 (especially for fat children). If blood frequently oozes, *Lyco.* 12. If sticky serum oozes, *Grphites* 6 (especially if the ulcer is behind the ears). If it smarts much, *Carbo Veg.* 30. If red pimples appear all over the body, *Chamomilla* 12. Wash the parts with *Calendula θ* lotion (1 or 2 drops) or *neem leaf decoction.*

Excoriation : Take *Merc. Sol.* 6 or *Arnica* 3 and locally apply *Arnica θ* (m. v. mixed with olive oil or ghee). If the child suffers from acidity in addition, *Chamomilla* 12. If the nursing mother is a habitual tea-drinker or suffers from hysteria, *Ignatia* 6. If due to constitutional defect, *Sulphur* 30, *Calc. Carb.* 30, *Lycopod.* 30, *Sepia* 30, *Rhus Tox.* 30. Be cleanly.

Pimples (Sudamina). **Prickly heat :** If due to heat or use of too much clothes, *Chamomilla* 12. If due to cold. *Dulcamara* 6 If they itch much or give trouble by being suddenly suppressed, *Sulphur* 30.

Try also—*Calc. Carb.* 30, *Lyco.* 30, *Sepia* 30.

Itching : *Sulphur* 30-200 is the best remedy. If it comes on, on getting into bed : *Ignatia* 6. If comes on undressing : *Ars* 6, *Nux* 6. If comes on after the body is warmed up by beddings : *Puls.* 6, *Merc.* 6. If burning sensation follows itching : *Rhus Tox.* 6, *Apis* 6, *Hepar* 6. If blood oozes on scratching : *Merc.* 6, *Sulphur* 30. Itching is prevented if the child's body is shampooed with flour.

Erysipelas : It is a very dangerous disease, caused by germs being scratched into the skin. **Symptoms :** Fever, burning pain, creeping swelling, and discharge of serum therefrom.

Bell. 3x, *Apis* 3, *Rhus Tox.* 6 are useful.

Eczema : It is an inflammation of the skin, denuded of its surface layer and covered with crusts. It may be weeping—*i.e.* exude serum or it may be dry. In eczema are seen at different stages : redness, papules, vesicle, crusts, scales, fissures, etc. It is seen in children with psoric habit of body. If vesicular, *Merc.* 6 ; if dry blebs, *Lyco.* 12, *Rhus Ven.* 3. [The use of Rhus Ven. may cause temporary fever and aggravation of the skin-troubles, followed by its cure, if the medicine is stopped. If necessary, use *Rhus Ven.* 200 only a single dose]. Try also—*Alumina* 6, *Oleander* 6, *Croton* 6, *Antim Crud.* 6. In chronic cases, *Graphites* 30, *Petroleum* 6, *Merc. Cor.* 6, *Ars.* 6, *Hepar Sulph.* 6. Locally apply olive oil.

Intertrigo : It is redness of the skin commonly found in the folds of skin, in axilla, groins, neck, etc. in fleshy children caused by constant friction of the parts ; there may be exfoliation of the epidermis, sometimes there may be acrid exudation causing the parts sore. It may pass on to eczema. *Chamomilla* 6 is a valuable medicine. If the eczema is weeping with blood and is painful, *Merc. Sol.* 6. If attacks are repeated, *Lyco.* 12.

Sore Mouth and Face : (1) Pustular eruptions may form on the face ; these soon blacken and burst, forming yellow scabs. Give *Viola Tricolor* 3 ; if this fails, give *Rhus Tox.* 6. Sometimes *Rhus Tox.* aggravates the inflammation, when stop it. (2) For vesicles or sores inside mouth, *Borax* 3x (*trit.*) and application locally of *Borax* mixed up with honey. Vesicles on lips and inside mouth, tip of tongue is coated, and its middle streaked ; foul odour in mouth ; restlessness ; greenish liquid motions ; *Apis* 6. Sore inside mouth at the teething time ; sweating of head and face ; stools contain undigested food particles ; feet cold : *Calc. Carb.* 30. Tongue is inflamed ; gum sore and bleeding ; fœtid odour in breath ; profuse salivation ; liquid motions containing mucus : *Merc. Sol.* 6. Pimples over the mouth and fœtid smell comes out ; acrid salivary flow ; *Acid Nitric.* 6 (especially useful if there is history of parental syphilis). Tongue coated white ; large pimples inside mouth ; bloody saliva dribbling out ; stools are full of sticky mucus ; pimples around anus ; sleeplessness ; *Sulphur* 30. If constipation is present : *Lyco.* 30. The sores inside the mouth are gangrenous and black : *Secale 2 trit.*). Honey and molasses may help cure if locally applied.

Boils and Abscesses : If child is plump : *Calc. Carb.* 30. Child is liable to have sores, especially in summer : *Carbo Veg.* 30. Thick-set pimples appear around sores and render the child miserable : *Chamomilla* 6. Sore behind the ears, discharging thick saneous serum : *Graphites* 6. Foul-smelling ulcer discharging blood and patient is constipated : *Lyco.* 30. Corps of boils on head growing out of each other's discharges : *Sulphur* 30, *Hepar Sulphur* 30, *Calc. Carb.* 30, *Arnica* 3.

Cracks and Fissures of skin in winter : *Ars.* 6, *Hepar* 6, *Kali Carb.* 30, *Natrum Mur.* 12x (*trit.*)-200, *Nitric Acid* 6, *Sulphur* 30, *Agaricus* 30, *Tamus θ.* Apply some bland oil locally.

Dandruff : This is due to uncleanliness or to constitutional defects. Take *Sulphur* 30 twice a week and apply soda-solution in the morning and olive-oil at bed-time.

Head Louse : Wash the head daily and bathe the child immediately afterward with a lotion of *Sabadilla θ* (1 in 20 of water) and give *Natrum Mur.* 12x (*trit.*) internally. Intractable cases, *Staphysagria* 30.

Tetanus : This is due to germs of the disease getting into the child's spinal-cord through the navel-cord being infected by dirty clothes or hands. It is a fatal disease and starts with lock-jaw. The child is unable to suck, it clenches its fists, the whole body suddenly stiffens so as almost to arch the body. The temperature rises in proportion to the number of fits and death is common.

If due to cold, the child is feverish, moaning continually and is restless : *Aconite* 3. Convulsions, tremors, jaws are moved laterally : *Gels.* 3. The navel is inflamed : *Bell.* 6 internally and *Calendula θ* mixed with *Olive-oil* locally. Due to trauma : *Arnica* 3x or *Hypericum* 3x. If mother has given the breasts in anger or in agony, give *Ignatia* 6 to mother and child. Try also—*Nux Vom.* 3x-30, *Strychnia* 6x (*trit.*), *Cicuta* 6, *Acid Hydro.* 3.

Ophthalmia or inflamed Eyes : The eyes are red, the lids get glued in the morning, pus comes out, even ulceration occurs. If the eyelids are swollen, pimples appear on their margin, and much pus accumulates under the lids : *Merc. Sol.* 6, *Arg. Nit.* 3, *Calc. Carb.* 3. Carefully clean the eyes and drop into them a weak solution of *Arg. Nitric.* or a solution of *Acid Boric* or a solution of *Euphrasia* (external).

Stye : It is a pimple, often purulent, that forms at the root of eye-lashes. *Puls.* 3, *Hepar* 3, *Staphysagria* 3 for ordinary cases and *Sulph.* .0, *Thuja* 30 for intractable cases.

Ear-ache : CAUSES : Cold, catarrh, measles, dentition or entrance of water into ear. The child screams if its ear is touched.

TREATMENT : Due to exposure to cold : *Acon.* 3. Ear has swollen and is red : *Bell.* 3. Due to dentition : *Chamomilla* 12. If pain is intolerable : *Mag. Phos.* 12x (*trit.*) in hot water. Foment the ear.

Convulsions : The child's nervous system is usually sensitive. It becomes especially so, during dentition, eruptive fever, measles, etc., if worms exist inside the intestines, if indigestion is present, or if it receives injuries to head or spine.

TREATMENT : Fever, restlessness, convulsions sleeplessness : *Aconite* 3. Face and eyes injected, pupils dilated, head is hot, it suddenly starts or jumps up : *Bell.* 6, followed by *Calc. Carb.* 30. Face dusky, swollen and hot ; tremors all over the body, groaning or rattling noise from throat, eyes up-turned, child is listless; constipation is present : *Opium* 30. If dentition is the cause : *Chamomilla* 6. Due to suppressed inadequate eruptions of small-pox or measles : *Zincum* 6 or *Stramonium* 6. If due to gripes from indigestion : *Nux Vom.* 6. If no effect after 4 doses, give an emetic or glycerine enema to evacuate the bowels. If due to worms : *Cina* 3x-200. Temperature is high and patient's body is arched during convulsion : *Verat. Vir.* 3x. If due to suppression of skin eruptions : *Sulphur* 30, *Cuprum* 6, *Apis* 6, *Antim Tart.* 6, *Zincum* 6, *Ars.* 6. Dipping the child in tepid hot water up-to neck and applying cold to his face and head are useful.

Meningitis : This is a very fatal disease. Starting with headache (moaning and crying and at the same time tossing the head from side to side), vomiting, squinting, irregular pulse are met with at first ; irregular breathing, convulsions, somnolence, quick pulse, rise of temperature soon follow. Child screams out in the midst of sleep : *Apis* 3. Pain in neck and back of head : *Helleborus* 3.

Try also—*Bacillinum* 200 (only one dose), *Phosphorus* 6, *Zincum* 6, *Bryo.* 6, *Sulphur* 30, *Gels.* 3x, *Stram.* 3, [See Tubercular Diathesis].

Hydrocephalus : The head gradually increases in size to that of or bigger than an adult head. The child lies in bed and gradually in the course of 8-10 years, paralysis sets in, followed by death. Try—*Calc.* 30, *Silicea* 30, *Sulphur* 30. Child does not care for anything but water and its urine is suppressed, its limbs paralyzed : *Helleborus* 3.

Spinal Bifida : Accumulation of fluid (serum) inside the spinal canal causes a tumour-like swelling at its end, which looks as if divided into two, in consequence of incomplete ossification of the sacral bone, *Calc. Phos.* 6x (*trit.*) will cure the bone defect and *Apis* 3 internally and locally applied will cure the tumour-like swelling.

Try also—*Bacillinum* 200, *Bryo.* 3, *Sulphur* 30, *Silicea* 30, *Ars.* 6, *Lyco.* 12, *Calc. Carb.* 6. If no improvement follows, consult a surgeon,

Infantile Paralysis : This is ushered in with fever and convulsions. The limb affected wastes rigidly, even its bones are involved in the atrophy. Try—*Secale* 3, *Acon.* 3, *Bell.* 3, *Plumbum* 6, *Thuja* 30, *Gels.* 3, *Sulphur* 30.

Epilepsy : TREATMENT : *Calc. Carb.* 30 is the best medicine. If chronic, give *Sulphur* 30. Try—*Cuprum* 3, *Bufo* 6, *Silicea* 30, *Hydrocyanic acid.* 3, *Calc. Phosph.* 3x (*trit*), *Zinc Phosph.* 3x-3, *Bell.* 6, *Chamomilla* 3, *Cina* 3x-200, *Ignatia* 6, *Nux Vom.* 30, *Stram.* 6, *Absinthium* 3x, *Indigo* 3x-30.

Remittent Fever : *Ferrum Phosph* 12x (*trit.*) or *Gels.* 3x is the capital remedy. If associated with digestive disturbances : *Puls.* 30. Tongue coated white ; *Antim Crud* 30. Due to worms : *Cina* 3x, *Spigelia* 3. Temperature is high and the child starts or is convulsed : *Bell.* 3. Constipation, pain around navel, picking at the nose (with or without worms) : *Cina* 2x-30. If this fails, give *Spigelia* 3x. At the onset of delirium : *Capsicum* 3. Diet should be milk and barley. See Malaria and Typhoid fever.

Insomnia : In child insomnia may be due to worms, indigestion or determination of blood (congestion) to head.

TREATMENT : Head feels hot, ceaseless crying without any apparent cause ; child startles out of sleep : *Bell.* 3. Twitching of different parts of body ; skin is hot ; temper fidgety ; child always wants to be carried in arms : *Chamomilla* 6. Skin is hot ; child is playful and jolly but occasionally moans : *Coffea* 3, Fever is present, child screams out occasionally : *Acon.* 3. If due to worms : *Cina* 3x. If due to constipation : *Nux Vom.* 3. Due to indigestion : *Puls.* 3.

"Posseting" of Milk : This is due to gastric or nervous irritation. Child declines to be fed, vomit is sour or foul-smelling or is green (bile) and it is constipated : *Nux Vom.* 6. Child brings up curds owing to its mother being acutely dyspeptic : *Puls.* 3. Retching up of milk almost as soon as taken ; vomit consists of curds and renders child exhausted; a further drink is followed by similar vomiting: *Æthusa* 3. Child irritable and fretful, tongue is coated white and the preceding symptoms are present: *Antim Crude* 3. If the same is associated with fœtid diarrhœa: *Calc. Carb.* 30. Bile or mucus present in the thrown up milk: *Ipecac* 3. If the disease becomes chronic: *Kreosote* 3, *Nux Vom.* 6, *Puls.* 6, *Verat. Alb.* 6.

Hiccup: Try sweetened water or *Nux Vomica* 30. Keep child warm.

Teething: The teeth begin to cut at about the 8th month and are completed within 3 years. This period is critical to some children. Some develop fever, others diarrhœa, sleeplessness or convulsion whenever a tooth erupts. *Chamomilla* 12 is an all round excellent remedy. If fever is present: *Aconite* 30. If much diarrhœa; *Chamomilla* 6. If dysentery: *Merc. Cor.* 6. If constipation: *Nux Vom.* 30. If convulsion is present: *Bell.* 6. If dentition is delayed: *Calc. Carb.* 30.

Try also—*Ignatia* 6, *Cina* 3x-200, *Ipecac* 6, *Sulphur* 6. Lance the gum if teeth are showing and yet causing trouble reflexly.

Carious Tooth: Want of cleanliness is the sole cause of caries. Food particles lodging between gums or teeth eat into the enamel at the root and give rise to this condition. Try—*Kreosote* 6-12, *Staphysagria* 3, *Merc. Sol.* 3, *Silicea* 3. A drop of *Kreosote* θ put on the back or eroded spot on a tooth at once kills pain. To prevent caries, wash mouth regularly.

Fainting fit: CAUSES: Trauma, exposure to cold or to heat, indigestion, bleeding, etc.

TREATMENT : Due to trauma : *Arnica* 3x. Due to nervous cause or to bleeding : *Hypericum* 1x-200. Due to dry cold blast : *Aconite* 6. If the body is arched on one side or on the back : *Cicuta* 6. Jaw dropping : *Gels*. 3. Due to nervous prostration or indigestion : *Nux Vom*. 3. Due to bleeding : *Hamamelis* 1x. If the child is unable to swallow, let him inhale the proper remedy.

Stuffing of nostrils : It is generally due to cold. It causes a wheezing noise during breathing, disturbs sleep and prevents sucking. If the nostrils are dry : *Dulc*. 3. *Sambucus* 3, *Nux Vom*. 6. If asssciated with wheezing sound in breathing : *Antim Tart*. 6. If there is running from the nose : *Chamomilla* 12. Moisten the nostrils, when dry, with ghee or oil and draw off the scabs, that have accumulated inside.

Cold and Cough : May be or may not be associated with fever, restlessness, insomnia, short-windedness or gasping and inability to suck. Cold in the chest is an alarming condition for a child, and if due to exposure to cold, give frequent doses of *Aconite* 3x. If cough is dry, pain is present in chest and yellow sticky phlegm come out : *Bryo*. 3. If he is very weak and nausea, rattling of throat and much sputum are present : *Antim Tart*. 6. Cough is spasmodic, much phlegm comes up, nausea or vomiting : *Ipecac* 6. Running from nose : *Puls*. 6. Inability to suck owing to blocking of nostrils : *Nux Vom*. 6, or this failing : *Sambucus* 2x-3x. If cold due to exposure is persistent : *Merc*. 6. If running of mucus causes sore in lips and nostrils : *Ars*. 6.

Asthma : Remedies : *Ipecac* 3x-6, *Lachesis* 3x, *Ars*. 3x-30, *Senega* 6.

Breathing difficulty without any assignable cause: *Sambucus* 1x, *Cuprum Met.* 6, *Lachesis* 6, *Spongia* 3. [See Asthma Croup].

Bronchitis: Fever, cough, pain in chest, and wheezing noise during breathing are the usual symptoms of this very dangerous disease. It is called *capillary bronchitis* or *broncho-pneumonia* when the mucous membrane of the bronchi or the fine air-tubes of the lungs are inflamed.

TREATMENT: ACUTE CASES: *Ferrum Phos.* 12x (*trit.*), *Bryo.* 6. CHRONIC CASES: *Hepar Sulph.* 6, *Lyco.* 12, *Antim Tart.* 6.

Pneumonia: Is usually of the Broncho-pneumonia type. *Ferrum Phos.* 3x and *Phosphorus* 3 are the best remedies. If tuberculosis threatens on the top of this disease in its chronic from, *Bacillinum* 30-200 once a a week.

Pleurisy: See Chapter on Pleurisy.

Croup: This is either false or true (=diphtheria).

(*a*) FALSE CROUP: Owing to the narrowness of the wind-pipe, a child with laryngitis may suddenly wake up in the midst of its sleep, with restlessness, gasping for breath and blue in the face. This attack may be preceded by loss of appetite, slight temperature, huskiness or loss of voice.

(*b*) TRUE CROUP OR DIPHTHERIA is a disease, in which a false membrane forms on the surface of the throat, tending to choke the child. Fever, swelling of the glands at the angles of the jaw, sore throat, swollen tonsils ; rapid, weak, irregular pulse, albumen in urine, cardiac exhaustion accompanies it.

TREATMENT : Cough, brazen or husky voice, choking from spasmodic cough, dry skin, restlessness, much thirst : *Aconite* 3x, every 10 minutes. When some amelioration of symptoms has taken place : *Spongia* 3x, every 10 or 15 minutes. With these indications of false croup, child wakes up coughing and feels choked, his breathing causing wheezing noise. When fever has felt and cough is less as the result of Aconite and Spongia : *Hepar Sulphur* 6. *Sambucus* 2x is good for spasmodic cough. Dr. Saunder recommends alternate use (every 30 minutes) of *Calc. Phosph.* 12x-30, *Kali Sulph.* 12x-30 and *Ferrum Phos.* 12x-30 in Diphtheria and *Ferrum Phos.* 12x (*trit.*)-30 and *Kali Mur.* 12x (*trit.*)-30 in false croup. The anti-toxin treatment of diphtheria is, according to many eminent authorities of the old school, a marvel of modern science.

Phthisis (Tuberculosis) : Tuberculosis is not transmitted hereditarily from parents to offspring but is the result of frequent and intimate contact between them. Pneumonia often leads to tuberculosis.

Whooping Cough : It is an infectious disease common to children. It lasts 3 weeks to 6 months and leads to tuberculosis. When affected with it the child gets spasmodic fit of coughing, ending in drawing of breath with a crowing noise (the whoop). Start with a dose of *Coqueluchin* 30, 4 times a day, for a week. If this is unavailing, *Mephites* 3x every 2 hours. If the attacks are rather frequent, and there are attendant vomiting, yellow sputum, hoarse voice, painful cough, with aggravation after midnight, *Drosera* 3x. If the spasms are severe, *Cuprum* 6.

Try also—*Ipecac* 6, *Naphthalin* 3x (*trit.*) *Bell.* 3, *Acid Hydrocyanic* 3x, *Antim Tart.* 6.

Diphtheria : See Croup, above. Give *Mercurius Cyanatus* 6, every 2 hours till doctor arrives.

Constipation : CAUSES : If due to maternal dyspepsia and constipation ; feeding with cow's torpid liver etc. *Bryonia* 3-30 or *Alumina* 6 is the best remedy. If vomiting follows food, *Bryonia* is better indicated. Whitish hard stool, containing particles of undigested food ; child getting thin daily, owing to constipation : *Calc. Carb.* 6. Scanty hard stool passed with difficulty ; rumbling noise inside the abdomen : *Lyco.* 30. Gripes and flatulence ; large formed stool passed with difficulty : *Nux Vomica* 30. Constipation following use of purgative or ditrrhœa ; hard scybellæ passed : *Opium* 30. If habitually constipated : *Sulphur* 30 occasionally. If all medicines fail ; stools hard and blackish and flatulence is present : *Plumbum* 6. If digestive disturbance is present and tongue is white : *Antim Crude* 30. Rub the abdomen with oil turpentine if much flatulence is present and relieve the bowels by glycerine enema.

Gripes : These are the result of improper feeding. The child is restless and cries out in pain, draws up its legs, passes wind and the abdominal wall becomes rigid at times. Child wants to be carried in arms, stools are greenish and liquid and extremities are cold : *Chamomilla* 12. The child wants to ease himself when only wind (for a small quantity of stool) is passed and the child is troubled with worms : *Cina* 3x. Gripes occur at the same time daily : *China* 6. Stools are liquid, greenish, sour or foul-smelling or look greenish-white ; nausea or vomiting ; pain around the navel : *Ipecac* 3. Gripes all over the abdomen or round the navel, owing to constipation : *Nux Vom.* 30. Liquid motions during teething, with convulsions : *Camphor Bromide* 3x (*trit.*). Apply warmth to abdomen and give no milk, give thin barley water or milky-whey instead.

Appendicitis : *Lachesis* 6 every 2 hours.

Diarrhœa : If due to cold and associated with fever : *Acon.* 3x. If due to taking heavy meals : *Puls.* 6. If due to cold or to teething and if child is peevish : *Cham* 6. If diarrhœa exists with nausea or vomiting : *Ipecac* 3. If pain is due to flatulence, and if gripes are present around the navel or in lower abdomen, face is pale, tremor present : *Puls.* 30. If patient is doubled up owing to gripes : *Colocynth* 6. Patient is restless with pain : *Magnes. Phosph.* 12x (*trit.*) in hot water. Profuse diarrhœa of acid-smelling, sticky or frothy mucous stools and gripes : *Rheum* 3 (especially useful during teething). Thirst and clay coloured motions : *Merc. Dulcis* 6. Mucous stools with blood : *Merc. Cor.* 6. Rice-water-like motions : *Verat. Alb.* 6.

Try also—*Calc. Carb.* 30, *China* 6, *Carbo. Veg.* 30. In chronic diarrhœa : *Ars.* 30, *Sulphur* 30.

Summer Diarrhœa of children is a very dangerous disease and should be treated carefully. Avoid fly-pest. Avoid milk. Let child drink freely of boiled water.

Cholera : Profuse liquid, watery, greenish or yellowish motions, vomiting of undigested food, collapse, sensation of warmth, restlessness and the characteristic symptoms of this very dangerous disease. *Æthusa* 6-30 is an excellent remedy. Profuse foul-smelling motions with morning aggravation : *Podophyllum* 6. Body is bluish and cold, tossing about of head, convulsions, hiccup, twitchings of fingers, exhaustion, anæmia of brain and consequent low delirium : *Kali Bromatum* 3x, *Carbo Veg.* 30, *Ipecac* 6, *China* 6, *Verat.* 6, *Phos.* 6, *Cuprum* 6, *Sulphur* 30. *Rubini's Camphor.*

Diet—Should be plain boiled water. Read Chapter III of our Bengali Treatise on Cholera.

Worms : See under worms.

Bed wetting : Nervous irritations, worms, etc. are the causes of children wetting the bed at night. If due to worms : *Cina* 2x-200 (especially if urine looks milky on standing). If bed is wetted in the depth of night : *Bell.* 6. Inability to hold water in the day or at night : *Gels.* 3x. Urine is loaded with uric acid : *Lyco.* 6. Mullein-oil is said to be useful. The child should be made to pass water at night.

Retention of Urine : If no urine io passed within 36 hours of birth and the child is restless, give *Aconite* 3 (2 or 3 doses). Try also—*Bell.* 6, *Cantharis* 6, *Opium* 30. If it is in an adult, make him sit in a tub of hot water and while there, make him pass water. If he does not succeed, catheterize.

Urine is Unnatural in Colour : If urine is blackish : *Colchicum* 6. If it is black : *Apis* 6, *Terebinthina* 6. If it is brownish : *Apis* 6, *Cantharis* 6. If it is turbid : *Bell.* 6. *Chininum Sulph.* 6, *China* 3-200, *Lyco.* 12, *Acid Phosph.* 6, *Terebinth* 6. If it is yellow : *Ceanothus* 3x, *Chamomilla* 6, *Kali phos.* 12x (*trit.*). If it is whitish : *Cina* 3x-200. If it looks like chalk-solution or like milk : *Cina* 3x-200, *Acid Phosph.* 6, *Viola Odor.* 3x. If it is reddish : *Acon.* 3, *Apis* 6. *Bell.* 6, *Bryo.* 6, *Canth.* 6. If it is smoky in appearance : *Tereb.* 6, *Acid Benzoic* 6. If it is concentrated : *Benzoic Acid* 6, *Camphor* 30, *Hepar Sulphur* 6, *Merc. Cor*, 6, *Phosph.* 6.

Smell in Urine : Decomposition odour : *Benzoic Acid* 6, *Lyco.* 12, *Acid Nitric* 30, *Sepia* 6. Fishy odour : *Uranium Nit.* 3. Garlicky odour : *Cuprum Ars.* 6. Pungent smell : *Acid Nitric* 30, *Benzoic Acid* 6, *Chininum Sulph.* 6, *Sulphur* 30. Smell is like that of Cat's urine : *Acid Nitric* 30, *Benzoic Acid* 6. Sour smell : *Calc. Carb.* 30, *Graphites* 30. Sweetish smell : *Terebinth.* 6.

Urinary Sediments : Bile-pigments : *Chelidonium* 30 or *Natrum Sulph.* 12x (*trit.*). Red coloured sediment : *Berb. Vulg.* 3x, *Merc. Cor.* 6, *Phosphorus* 6, *Plumbum* 6, *Tereb.* 6, *Cantharis* 6, *Lyco.* 12. Like coffee-grounds : *Tereb.* 6 or *Helleborus* 3x. If mucilage-like : *Phosphoric Acid* 6, *Cantharis* 6, *Puls.* 30, *Sarsa* 30. Lithic Acid or brick-dust like : *Lyco.* 30, *Acid Nitric* 30, *Nux Vom.* 30. White sediments with back-ache : *Oxalic Acid* 6, *Graphites* 30.

Infantile Liver : It affects children under 3 years of age and starts with enlargement of that organ. Latter on if patient is not going to recover, the liver gets hard and contracted, producing anæmia, dropsy and jaundice. Bleeding from liver (via stomach or intestines) often ends the scene. At the commencement dry skin, more or less continuous fever, loss of appetite, emaciation, anæmia, constipation with clay-coloured or whitish stools : *Calc. Ars.* 30 is the chief remedy. For constipation : *Sulphur* 30,

Calc. Carb. 6. Diarrhœa : *Podophyllum* 6. Liver gets hard : *Merc. Iod.* 3, *Calc. Carb.* 6. Jaundice : *Merc.* 6. Sore-mouth : *Acid Nitric* 6. Hacking cough : *Phosphorus* 6. Emaciation : *Arg. Nit.* 6, Dropsy : *Ars.* 6, *Apis* 6.

Try also—*Sulphur* 30, *Nux Vom.* 6, *Bryo.* 6. Mother's milk should be stopped and cow's milk given with barley water. Feeding should be regulated as to time, quantity and quality.

Crying : It is the height of unwisdom to interpret each cry as due to hunger ; very often the reverse is the cause. If the child cries and at the same time touches its ear, its cry is probably due to ear-ache. If it puts its finger on its gums, then the gum is tender. If it draws up its legs, it is due to gripes. If it coughs and cries, it is due to catarrh ; if it suddenly starts from sleep and cries, it is due to gripes or flea-bite. If it moans, it is headache. If the skin is hot and dry, child is restless and sleepless : *Aconite* 3x, Head is hot, face and eyes congested, child suddenly starts : *Bell.* 6. Child is peevish, cries incessantly, wants to be taken about in arms, draws up the legs on account of gripes, there is fever : *Chamomilla* 6 (especially valuable during the troublesome teething period). If Chamomilla fails, *Rubini's Spt. Camphor* 1 or 2 drops. In sleeplessness due to nervous irritation : *Coffea* 6. Cry due to constipation or flatulence : *Nux Vom.* 30. Due to colic : *Magn. Phosph.* 3x (*trit.*) in hot water. A child may cry owing to not having a bath for a long time. A bath quietens it. Never give opium to quiet a child.

Marasmus : Owing to want of proper assimilation of food the child may become emaciated and its temperature always remains subnormal. Give *Sulphur* 30, then

Calc. Carb. 30. If child takes food well but thrives badly, *Abrotanum* 30. Some of the medicines indicated under constitutional or diathetic treatment may be required. Fresh air, pure food, fresh vegetable-juice are valuable adjuncts.

Leucoderma : This is not leprosy nor is any congener of it. It is rather related to malaria and syphilis and is due to want of pigment. Its cause is unknown. All medicines that act on the nervous system or on the general health benefit this condition. Medicines directed to cure of skin-disease are unavailing. Use *Ars. Alb.* 30 or *Ars. Iod* 6x (*trit.*) or *Ars. Sulph. flav.* 30 for a very long period. If this fails and if there are palpitation and shortness of breath : *Phosph.* 6. In hysterical girls : *Ignatia* 6. Try—*Sulphur* 30, *Thuja* 6, *Calc. Carb.* 30, *Calc. Phosph.* 6x (*trit.*), *Antim Tart.* 6, *Zincum* 6, *Rhus Tox.* 6. Give the child a change of air and feed it up well. To improve his nourishment give cod-liver-oil, petroleum emulsion, fruits, etc. Rubbing the salt and mud of the Ganges may benefit. Avoid dishes that tax the digestion like sweets, tarts, etc.

Hare-lip : To prevent this, give the mother granules of *Calcarea Sulph.* 12x (*trit.*) every morning and evening during the 3rd to 7th months both inclusive. If a child is born with cleft palate, have it mended surgically. To accelerate healing of the wound, apply *Calendula* in oil.

Stammering : Long use of *Stramonium* 3 or *Hyoscyamus* 3 may benefit.

Debility and Unusual Tallness : For the the former give—*Sulphur* 30, *Calc. Carb.* 30, *Silicea* 30. For the latter *Sulphur* 30, *Calc Carb.* 6, *Bell.* 3, *Silicea* 6.

Limping : If due to trauma, *Arnica* 3. If no debility or to constitutional fault, *Sulphur* 30, *Calc. Carb.* 30.

Rickets : It is a chronic disease affecting children between 6 months and 2 years, causing enlargements of ends of long bones, deformities of bones and changes in muscles, joints and internal organs. It is caused chiefly by artificial feeding. Its early symptoms are :—Indigestion, restlessness disturbed sleep, night-sweats, enlarged liver, delayed dentition, convulsions and false croup ; the head is large and square limbs deformed and stunted, and round prominences appear where the ribs join the cartilages.

TREATMENT : *Calc. Phos.* 12x is the principal remedy, especially for anæmic and emaciated children ; for stout children : *Calc. Carb.* 6-30 ; for emaciated children : *Ars.* 6 or *Ars. Iod.* 6.

Try—*Silicea* 6, *Phos.* 6, *Acid Phos.* 6, *Sulphur* 30. Give fresh unboiled milk, fresh vegetable or fruit-juices or raw meat-juice. Change of air is beneficial.

Constitutional or Diathetic Defects : According to Hahnemann, the three chief constitutional taints are : Psora, Syphilis and Sycosis (see App. B). The chief diathetic diseases transmitted from parents to sons are :—

1. **Tuberculosis :** This is a general disease of blood, manifesting itself locally either in the brain, lungs or intestines, where small inflammatory nodules called 'tubercles' form. These tubercles are full of the tubercle bacilli and breaking down tissue in the centre. Tuberculosis of the lungs is called PHTHISIS ; that of brain-coverings is called TUBERCULAR MENINGITIS ; that

of the intestines, TABES MESENTERICA. *Phosphorus* 6 is the principal remedy. But if the child is weak and anæmic : *Calcarea Phos.* 6x (*trit.*). In hæmoptysis, nose-bleed, fever, amenorrhœa : *Ferr. Phos.* 6x. In fever, sweating, diarrhœa, exhaustion, cough (aggravated in the morning and evening), acute pain in the lungs (aggravated by movements) : *Ars.* 6.

Try—*Hepar Sulphur* 6, *Silicea* 30, *Sulphur* 30, *Lyco.* 12, *Iodium* 6. Bacillinum and Pyrogenium are useless. Good food, rest, fresh air are essential.

2. **Scrofula :** This is merely a stage of tuberculosis. In it, the glands of the neck are affected, and they frequently suppurate. The patient is very susceptible to attack of cold and to looseness of bowels. Discharges from nose and ears are common. *Calc. Carb.* 30, *Natrum Sulph.* 12x (*trit.*)-200 are useful.

3. **Syphilis :**—In the infant born with it, the skin is lax, the ends of bones painful, lives is enlarged, bridge of nose sunken (causing impediment to respiration), etc. Such a child cannot infect its own mother but can infect the nurse.

Try—*Aur. Met.* 30, *Thuja* 30, *Syphilinum* 30, *Badiaga* 3, *Sulphur* 30.

Change of season and diseases of infants :—If the disease is aggravated before a storm : *Rhododendron* 3. If by cold moist wind : *Rhus Tox* 6, Patient is intolerant of changes of seasons and his troubles are aggravated by moist wind or rains : *Dulcamara* 6. Summer diarrhœa : *Iris* 6. Aggravated by mist or by storm : *Gels.* 3. Aggravated before thunder storm : *Agaricus* 3.

PART IV

THERAPEUTIC NOTES

PART I MATERIA MEDICA OF 31 IMPORTANT DRUGS GIVING THEIR PECULIAR INDICATIONS

Acid Nitric : It acts chiefly on blood, mucous membrane, glands, bone, rectum and female genitals. *Abuse of mercury* ; syphilis ; sores inside the throat ; chronic liver troubles ; fistula-in-ano ; bleeding piles ; pain in rectum during and after defecation ; smell like that of horse's urine is perceived in one's sweat or urine ; chronic leucorrhœa ; blood-dysentery. It is adapted to persons who take cold easily or bleed easily ; tendency to diarrhœa.

Acid Phosphoric : Acts chiefly on nervous system, kidneys, male generatives, bones and skin. Somnolence or apathy ; patient is insensitive to happenings about him but is fully alive to them when awakened ; debilitating ailments traceable to grief, mental or physical fatigue ; sexual excesses ; urine looks milky or is pale liks water ; rapid growth ; headache due to excessive study (in girls) ; diseases of the nervous system or generatives ; whitish or liquid evacuations ; exhaustion due to excessive perspiration ; bleeding ; chronic, painless diarrhœa ; spermatorrhœa ; troubles due to excessive masturbation ; tubercular ulceration of bones ; falling off of hair from weakness ; impotence ; leucorrhœa ; frequent or copious albuminous urination at night with passage of albumen therewith ; diabetes ; nocturnal emission of debilitating character ; facial acne.

Aconite : *Great fear and anxiety* ; fear of death or of crowds : *restlessness*, physical or mental, *Sudden violent* attack of disease—fever, cholera, influenza, etc., rapid sinking disease due to exposure to dry cold wind or to sudden suppression of sweating ; in the early stages of inflammation—of acute fever, measles, cough, croup, bronchitis, pneumonia, etc. ; better when uncovered or in the open air ; worse on lying on affected side or in a warm room ; much thirst ; skin is dry and hot ; pulse hard, quick, full ; face flushed , difficulty of breathing ; urine high coloured ; palpitation ; amenorrhœa.

Antim Tart : Acts chiefly on liver, lungs and mucous membrane of stomach. Diseases of the young and old ; diseases of chest giving rise to much mucus in the air passage or to rattling noise in the throat from collection of mucus that the patient cannot bring up ; coma, sweating, debility ; nausea ; retching or vomiting ; loss of relish for food ; cold sweat on body ; face pale or blue ; tremors of all body and especially of hands and head ; taste for acids and aversion to milk ; want of thirst ; cholera ; relief on eructations or discharge of phlegm ; up-turned eyes ; paralysis or dropsy (œdema) of lungs is threatened ; purulent itches on skin ; small-pox ; bronchitis of children ; mucous vomit ; asthma ; lumbago ; difficulty of breathing.

Arnica : Acts principally on blood, muscles and lymphatics. Bruised pain all over the body ; *bed feels too hard* ; burning pain in the head ; face and head *hot*, other parts of the body (especially the extremities) *cold* ; black-and-blue marks ; belching, diarrhœa, bitter taste, as from rotten eggs : foul breath ; bleeding due to trauma ; unconsciousness or comma ; patient is restless with fever but says that he feels well ; coma on attempting to speak during fever ; gangrene ; diseases due to hurt or fatiguing labour ; paralysis following delivery ; typhoid fever ; myalgia ; tetanus following hurt, fall or injury ; rheumatism ; bed-sores ; chronic malaria ; nose-bleed or hæmoptysis ; bleeding ; unconscious passage of stools. Used topically in injuries, cuts, bruises or black-and-blue marks.

Arsenic : Acts upon every organ and on excretory organs in particular ; restlessness due to physical or mental agony ; sudden collapse ; burning sensation all over, relieved by covering up the body ; *unquenchable thirst drinks often but little at a time* ; fatigue and shortness of breath on movements or on mounting stairs ; vomiting and purging simultaneously ; vomiting and purging are aggravated by eating and drinking ; any disease that is aggravated between 12 mid-night and 3 A.M. ; any disease aggravated by exposure to cold wind, or by exposure to cold or by living in cold room or by movements ; any disease that is ameliorated by hot wind, heated room or by direct exposure to heat ; skin is dry, scaly, burning or greasy ; cold affecting the brain-covering and mucous membrane of nose and causing acrid discharge from the latter ; stuffing up of nostrils ; heart-disease watery motions or green and blackish irritating motions ; occasional vomit ; diarrhœa ; cholera ; puerperal fever ; intolerable burning pain in stomach ; gastric ulcer ; burning and itching of skin ; itches give off scales when scratched ; burning itches all round the face, discharge whitish fluid ; where quinine has been unavailable in chronic intermittent fever ; abuse of quinine ; ophthalmia ; dropsy ; gangrene ; sleeplessness ; anæmia ; neuralgia ; wasting diseases.

Mid-day or mid-night aggravation great debility, restlessness and burning are the key-notes of this profoundly acting polychrest.

Belladonna : Acts chiefly on cerebrum and the ervous system generally. Face bright ; pulse hard, full, bounding ; delirium ; convulsions ; eyes injected ; fixed stare ; mouth , tongue and throat are dry or red ; flatulence ; rotten smell in throat during eating ; local inflammations with throbbing pain ; early stage of abscesses or boils ; neuralgia ; hydrophobia ; blood-dysentery ; scanty menses ; excessive menses ; labour pain ; cough ; scarlet fever ; erysipelas ; ulcer ; coma ; any pain that *suddenly comes and suddenly goes.*

Bryonia : Acts chiefly on pleura, brain and liver. Lips, mouth and stomach are dry, *dryness* is grand characteristic ; patient drinks much at long intervals ; hard dry motions ; diseases due to exposure to dry cold wind in summer or rainy seasons ; vicarious menstruation ; breast hard, hot and tender ; *constipation* with no desire for food, stools dry, hard as if burnt ; bronchitis ; first stage of pneumonia ; pain in chest on coughing or on deep breathing ; dry cough ; rheumatism, rendering movements painful ; lumbago ; rheumatic fever ; jaundice ; bilious fever and headache ; bilious vomit ; heart-burn ; bitter belching ; irritable temper ; puerperal fever ; pricking or cutting pain ; worse movements, better rest.

Calcarea Carb. : Acts in diseases due to disturbed metabolism (*e.g.*, scrofula, tuberculosis, osteomalacia). Leading indications—(*a*) Blonde, stout people with soft bone (osteomalacia) of rickets. (*b*) These who are susceptible to cold. (*c*) Night-sweats. (*d*) Those who have cold feet and are easily chilled. (*e*) Acidity all through the gastro-intestinal tract—sour taste, sour eructations, sour vomits, sour smell in fæces. (*f*) Localized sweats—*e.g.*, on forehead. (*g*) Faulty bone development—as non-closure of fontanelles, late teething, late walking. (*h*) Persons who have to stand long hours in water (as washer-men) ; delayed or troublesome teething ; delayed walking ; ophthalmia ; inflammation of glands (adenitis) ; copious menstruation with legs and feet very cold and moist ; anticipation of menses ; milky white leucorrhœal discharge ; early seminal discharge during coitus with exhaustion ; sweating of head at night ; aggravation of disease at or about full-moon ; relief of troubles on lying exposed to cold draught or on painful side ; evacuations are acrid, greenish or blackish ; occasional vomiting ; aggravation on alternate days of chronic ailments or of diarrhœa. *Sulphur should not be used after using this medicine.*

Carbo Vegetabilis : It acts chiefly on blood, nervous system and gastric mucous membrane. Useful when patient is *in collapse—icy coldness of the body* ; body blue and vitality is at its lowest ebb, and patient wants *to be continually fanned* ; the final stage of any disease, with copious cold sweat and husky voice ; failure to regain health after having received serious injuries ; diseases due to abuse of quinine ; feeling of burning inside the body ; venous, dark blood-discharge from any part of the body ; eructations ; heart-burn ; constriction, abdomen *greatly distended*, *better* passing wind ; flatulent colic ; frequently belching up of gas ; typhoid fever ; piles ; diarrhœa ; tooth-ache ; ulcer on gum ; bleeding from gums ; gangrenous sore ; husky voice ; indigestion ; cold surface (especially below knees to feet) during moribund stage ; pain in liver.

Chamomilla : Acts chiefly on nerves, liver, stomach and mucous membranes generally. Fidgety temper ; unbearable pain that destroys sleep—*e.g.*, labour pain, pain of dysmenorrhœa ; unbearable pain and the painful limbs goes to sleep or gets paralyzed ; burning of feet at night ; cough during sleep ; diseases due to dentition (*e. g.*, diarrhœa ; convulsions ; shreddy and grass-green stools, mucous diarrhœa with smell of rotten eggs) ; painful dentition ; cutting pain in abdomen ; one cheek, especially the left, red & hot, other pale & sunken ; swelling of cheeks with feverishness ; aggravation of pain on hot drinks ; neuralgia ; dark clots passed during menses ; cramps in pregnant women ; child is peevish and exceedingly *irritable ;* child wants to be carried about in arms, it soothes the pain & quiets the child.

China : It acts chiefly on the gangliated nerves. Debility from profuse blood or seminal loss ; periodicity marked in any disease ; black clots passed with ringing in the ears, dimness of vision and fainting ; anæmia blood is watery ; flatulence no relief from belching of gas or passing of flatus ; painless diarrhœa ; yellow or slate coloured liquid stools ; chill or rigor ; sweating with thirst ; sweat on covering up the body or during sleep ;

chronic gout ; diarrhœa from eating fruits ; flatulence from tea-drinking ; hypersensitiveness of skin, unable even to bear the weight of clothes ; enlargement of liver and spleen from repeated congestion of them ; intermittent malaria with the 3 stages well marked ; dropsy ; ravenous hunger ; throbbing and splitting headache ; debilitating nocturnal emissions ; importance from excessive venery.

Cina : Acts chiefly on small intestines. Constant itching of nose (due to worm or not) and picking at nose ; irritable temper ; child swallows air ; sudden accession of high fever ; sleeplessness ; croup ; grinding of teeth ; convulsions ; coma due to worms ; intestinal worms ; aversion to food. Canine hunger, hungry soon after a meal ; craving for sweets & several other things ; "enuresis, nocturnal" ; urine is like milk, whooping cough or suffocative cough, complications arising from worms.

Ferrum Met. : Acts chiefly on blood. Anæmia ; debility ; headache from debility ; inflammation of bladder and urethra ; alternate loss of appetite and voracious appetite ; hæmorrhage from internal organs ; face flushed (especially during rigor) ; painless diarrhœa ; malaria ; belching up or vomiting of whole day's eating ; face pale ; palpitation ; blood-vomit, asthma, etc. relieved by slow walks ; chronic diarrhœa ; sore-throat ; excessive menses ; diseases due to abuse of tea or quinine ; especially useful to delicate women and persons of nervous or sanguine temperament.

Hamamelis : Acts chiefly on veins. Venous bleeding is its chief characteristic. Bleeding from any orifice or any part of the body—the blood being dark and in clots. Swelling of veins of female genitals. It is used internally and locally in bleeding from uterus.

Hepar Sulphur : Acts chiefly on skin and mucous membrane of respiratory organs. It hastens suppuration and foster maturation. Very sensitive to *cold draughts or least touch* ; slightest injury causes suppuration. To hasten maturation of abscesses, use lower potency (2x. etc.) and to abort suppuration, use higher dilution (30—200). Any pimple full of blood and pus ; suppurating ulcer ; gangrenous sore with red margins. Cough with rattling of throat ; croup or asthma after exposure to cold dry wind ; fish-bone sensation in throat ; throbbing or lancinating pain ; constant sweating ; painful defecation and slow micturition owing to muscular weakness ; troubles arising from abuse of mercury ; persons of syphilitic constitution ; hoarseness ; difficulty of breathing (especially in the early stage of croup), abscess ; whitlow ; hard pimples on head ; chronic cough ; chronic indigestion ; piles ; constipation ; pus in ear ; syphilitic sore ; discharge of fœtid pus. Useful to the scrofulous persons suffering from abuse of mercury, and persons whose ailments are aggravated by exposure to cold wind. The patient is peevish and becomes angry at mere trifles.

Ipecacunha : Acts chiefly on respiratory and digestive organs. Asthma ; shortness of breath with wheezing or rattling noise ; sick-headache ; discharge of *bright* red blood from uterus, nose, mouth, rectum or lungs, etc. ; frothy or greenish evacuations ; intermittent fever with nausea ; fever due to abuse of quinine ; irregular fever ; first stage of infantile liver ; greenish mucous diarrhœa with streaks of blood ; grass-green motions ; bilious headache ; vomiting. *Persistent nausea, no relief from vomiting.*

Lachesis : Acts chiefly on spinal and gastric nerves and on lungs. Exhaustion ; aggravation of disease after waking from sleep ; it is a left-sided remedy ; diseases commencing on left side and extending to right ; sensation of constriction in different parts of the body ; blood-poisoning ; tremor of tongue or other parts of the body from weakness : pain in throat ; ear-ache ; tearing pain from cheek-bone to ear ; dry mouth without thirst ; fœtid diarrhœa ; unconscious evacuations ; "summer diarrhœa" blackish-blue sores on skin ; scanty dark menstruation ; pain like labour-pain during menstruation ; women nearing their menopause ; attack of plague. Left-sided paralysis.

Lycopodium : Acts chiefly on respiratory and digestive organs ; skin, liver and the mucous membrane of the genito-urinary tract. Mental depression ; weak memory ; easily irritable tremor ; diseases of the *right side of body* ; disease like pneumonia, hernia, abscesses, etc., that commence on right side and extend to the left ; tympanitic distension and passage of flatus downwards ; rumbling of abdomen ; *red sediment in urine ;* renal colic, it prevents tendency to recurrence of renal colic ; aggravation of disease *between 4 and* 8 P.M. One leg is cold, another is hot ; appetite easily satisfied ; a sense of weight (on eating) in abdomen ; thirst after sweatings ; sour taste in mouth, sour sweat, acid eructations, and vomit in intermittent fever ; constipation with difficulty in easing oneself in consequence of contraction of the rectum ; chronic disease ; blood-poisoning ; vertigo on rising, after leaving bed in the morning ; acid belchings ; water-brash, heart-burn with Lithic acid-diathesis.

Slightest food causes distress ; craves everyrhing warm ; full bloated feeling in the abdomen as soon as a few mouthfuls are taken. *It is a right-sided remedy and is adapted to the old.*

Mercurius Vivus : Acts on every organ and connective tissue. To mature a boil, use its lower potency ; to abort it, its higher potency. Gums are spongy and they bleed ; tongue is swollen, indented at the sides and drop out of mouth ; tongue moist, mouth is full of saliva yet patient is thirsty ; profuse sweat, day and night ; bone-diseases ; affections of right lower part of lung ; inflammation or suppuration of lymphatic glands ; sore-throat ; salivation ; sores inside mouth ; toothache ; pus from ears.; mucus or pus from nose and eyes ; ophthalmia ; hepatitis (pain on lying on right side) ; liver is hard, enlarged and painful ; sour-smelling and bilious motions ; jaundice ; bilious diarrhœa ; syphilitic chancre ; gastritis ; syphilitic rheumatism ; blood dysentery ; straining at stool. Worse at *night*, from *warmth of bed*, from cold, damp, wet weather, during *perspiration.*

Natrum Muriaticum : Acts chiefly on blood, lymphatic system, digestive mucous, liver and spleen. Inveterate intermittent pyrexia ; fever due to abuse of arsenic or quinine ; emaciation ; anæmia ; constipation ; enlargement of liver and spleen ; gonorrhœa ; leucorrhœa ; catarrh ; nose-bleed ; *fever-blisters* ; saltish or bitter taste in mouth or loss of taste ; cracking and dryness of lips and anus ; malaria fever coming on between 9 and 11 A.M., mouth moist though patient feels dry ; tingling sensation in tongue, lips, nose and fingers ; itching, palpitation. See chapter on Tissue Remedies (under "Nat. Mur.").

Nux Vomica : Acts chiefly on moist and sensory nerves and on back and medula. Nervous temperament ; *very irritable* ; anxiety, diseases due to excessive mental labour and sedentary habits, over-sensitiveness to smell, light, sound and touch ; convulsion ; chilliness on being uncovered ; chilly, *must be covered* in every stage of fever ; disease due to intoxicants or strong medicines ; frequent ineffectual desire to stool, with passage of only small quantity at a time ; exhaustion on waking from sleep ; heavy sensation in lower abdomen 2 or 3 hours after meals, nausea and vomiting ; straining before & during stools, relief afterwards (especially in blood-dysentery) ; piles and itching of the anus ; nose is moist in the day and dry at night ; aggravation in the morning ; sensation of foreign-body in throat ; constipation with urging for motions ; dry cough ; catarrh ; diseases due to night-keeping ; gluttony of drinks ; alternate constipation and diarrhœa ; colic ; flatulence ; heart-burn ; headache and vertigo ; back of tongue coated ; nightmare ; nausea when on board a boat or ship ; spasmodic asthma ; cramps in lower limbs ; excessive and early menses ; morning sickness during menstrual period ; dribbling of urine ; paralysis of urinary bladder ; liver-disease ; tremors of fingers and of hands from excessive drinking. Prevents tendency to reappearance of boils, etc.

Opium : Acts chiefly on cerebro-spinal and sympathetic nervous systems. Patient feels no pain, he is *drowsy but cannot sleep* ; vomiting of fecal matters through mouth ; skin is hot yet moist ; *deep coma with congested face and stertorus respiration* ; bed feels too warm ; *constipation* ; diseases *due to fear* or anxiety ; typhoid fever ; cerebral torpor ; stertorous breathing ; exhaustion ; contracted pupils ; flatulence ; deep sleep with half open eyes heat-stroke ; apoplexy. *Drowsiness* is the greatest characteristic.

Phosphorus : Acts chiefly on blood and trophic nerves. *Hæmorrhagic temperament*—bleeding at the slightest provocation. Especially adapted to tall young persons : *burning* sensation in mouth, stomach and rectum ; aggravation of cough from evening to mid-night ; head diseases—vertigo, headache, deafness, nose-bleed ; anæmia ; *copious diarrhœa* ; sago-grain-like sediments in liquid stools and anus lies wide open ; *thirst* for cold drinks ; but the water is vomited up as soon as it gets warmed in the stomach ; alleviation after sleep ; nervous debility ; *pneumonia* ; cough with blood-spitting and husky voice or loss of voice ; phthisis ; liver diseases ; impotence ; anticipation of menses ; menorrhagia ; excessive desire for coitus ; sinus after chest operation.

Pulsatilla : Acts chiefly on mucous membrane, meninges, veins, eyes, ears and genitals. *Weeping mood.* Indigestion from rich (especially fatty) food ; tongue coated or yellow ; bilious and mucous vomit ; acidity ; heart-burn ; mucous diarrhœa ; measles ; chicken-pox ; ear-ache ; pus form ear ; rheumatism ; gout ; remittent or intermittent fever ; running due to cold in the head ; dropping of eye-lids ; deafness following measles ; irregular menstruation ; black clots passed during menses ; dysmenorrhœa ; orchitis ; pains with chilliness, shifting places continually ; amenorrhœa ; gonorrhœa ; *symptoms constantly changing* (now crying now rejoicing, variegated stools, etc.), dry mouth without thirst ; thick, soft, yellow, bland discharges from mucous membranes ; stoppage of menstruation from wetting feet ; amelioration of symptoms on exposure to cold draught. Want of thirst with nearly all complaints. Best suits composed women with weeping tendency. Helps delivery, if given during labour pain.

Rhus Tox : Acts chiefly on viscera, mucous membrane muscles, skin and ligaments and fasciæ of joints. Tongue dry or coated and its tip red and pointed ; *restlessness*, patient constantly changing his position ; complications like those of enteric fever ; *low delirium* ; coma ; *muscular rheumatism*, *sprain-wounds* ; neuralgic pain on left side in the loins ; pains in left arm, with heart-troubles ; pain between shoulders during swallowing ; dry hacking cough during the cold stage of fever and nettle rash all over the body during the hot stage ; chronic rheumatism ; gout ; lumbago ; parslysis from rheumatism ; erysipelas ; chicken-pox ; measly rash all over the body ; typhoid fever with diarrhœa ; skin disease with unbearable itching and burning sensation ; scabies or eczema of the lower extremities.

Secale Cor. : Acts chiefly on cerebro-spinal nervous system. *Cramps or convulsions of cholera* ; *burning sensation* of skin but the skin is cold to touch ; shortness of breath, and paralytic state of limbs in cholera ; senile gangrene ; paralysis ; weak, irregular *labour pain* ; after pains ; excessive flooding (especially in lean women) ; unconscious evacuations of debilitating nature, fœtid, green, liquid stools ; hæmorrhagic diathesis, small wounds bleed for days together ; hæmorrhages from the bowels ; menses that are copious and last long ; *threatened abortion* especially at third month. Do not use Secale (especially the θ or the lower potencies) to hasten delivery. The Secale Cor. patient gets relieved from cold and feels worse from heat.

Silicea (Silica) : See under "Tissue Remedies." Where a child does not thrive well even on nourishing food ; it is pot-bellied with wizened mouth and lanky legs ; the fontenelles and sutures remain open, child is late in walking ; much perspiration on the head. Disease following vaccination. Helps the extraction of needles or fish-bone stuck. Swelling of mucous membranes, glands, joints, bones, etc. ; whitlow ; old suppurative abscesses ; scrofulous ulcer ; foul-smelling scabs on scalp ; want of fat in limbs ; suppuration of bones and periosteum ; obstinate constipation, the half-expelled stony hard stools recede again ; aggravation during full or new-moon. Fistulous ulcer in eyes and anus, etc.

Sulphur : Acts on whole body through the gangliated nervous system. Patients of scrofulous diathesis, in whom the disease continually relapses ; patients who walk or stand stooping and cannot stand long and who are habitually dirty and filthy. All sorts of skin-diseases ; itches ; chronic diseases ; constipation ; piles ; cough ; ulcer ; rheumatism ; abscesses ; whitlow ; thread-worms ; morning diarrhœa ; feeling of boiling sensation inside the head ; frequent micturition ; burning sensation during micturition ; burning sensation all over the body and especially in the soles of the feet ; congestion of lips, ears, nostrils, eyelids, urinary tract, rectum ; serious illness following suppression of skin-diseases ; lingering trail of any disease, where other medicines fail ; ophthalmia ; menses are either anticipated or retarded and profuse, though lasting a shorter period ; painful acrid leucorrhœal discharge. It can be used at the beginning and end of a course of any medicine and also occasionally where seemingly indicated medicines do not act favourably ; aggravation of diseases after a bath or by the heat of bed or after mid-night. *Calc. Carb. is never to precede Sulphur.*

Thuja : It acts chiefly on genito-urinary organs, anus and skin. It is the chief anti-sycotic. Vegetations (tubercular, sessile, etc.) ; warts (venereal or not) ; suppressed gonorrhœa ; *gonorrhœal rheumatism* ; *gonorrhœal urethritis*, (acute or chronic) discharge of thick greenish phlegm from nose or ears ; flatulent distention of lower abdomen ; teeth crumble, turn yellow ; decay of teeth at the root ; the fluid he drinks fall amiably into stomach ; eruptions on covered portions or sweat on uncovered portions of body ; general ill-health following an attack of small-pox or vaccination ; *ill effects of vaccination* ; aggravation of disease on exposure to moist wind ; a peculiar sensation as if the limbs are made of glass and would break easily ; piles and fistula ; yellow or greenish pus at the mouth of the penis ; urine is dribbling ; diabetes following gonorrhœa ; secondary syphilis, ingrowing of nails. According to some *Thuja* is an excellent preventive and curative of small-pox.

Verat. Album : It acts chiefly on trophic nerves through the cerebro-spinal system. *Cholera* (with rice-water like motions), *cold body* convulsions ; colic ; *debility and cold sweat*, a true picture of *collapse*, *extreme coldness*, blueness and weakness ; nervous exhaustion ; delirium ; *retching or vomiting with cold sweat on forehead* ; inability with an impulse to cut or tear away things ; stuporous conditions—burning into mania if patients are teased ; rheumatism ; aggravation by damp air, intolerable pain, causing delirium ; profuse discharge of urine, stool, sweat, saliva, etc. Intermittent fever with coldness of body, extreme prostration and cold sweat on forehead.

BIOCHEMIC OR TISSUE-REMEDIES

Dr. Schuessler was a Homœopath. He pointed out that the blood and cells contain 12 inorganic salts, *viz*, *Calcarea Fluorica*, *Calc. Phosph.*, *Calc. Sulph.*, *Ferrum Phosph.*, *Kali Mur.*, *Kali Phosph.*, *Kali Sulph.*, *Magnes. Phosph.*, *Natrum Mur.*, *Natrum Phosph.*, *Natrum Sulph.* and *Silicea*. Thus he was of the opinion that all diseases are the result of want of one or the other of these vital salts bringing about destruction of tissues, without entering into the merits of these 12 "Tissue Remedies". We describe them below, because they have been repeatedly proved to be efficacious. Dr. Schuessler used his 12 tissue remedies in their 6x, 12x (*trit.*) ; but modern homœopaths use potencies anywhere between 1x-1000.

Calcarea Fluorica 12x-200 : *Bone-tumour* ; *hard tumour* ; hypertrophy of joints ; swelling of glands, *induration of glands* ; formation of *caturact* ; swelling of nerves ; fistula-in-ano ; *hernia ;* piles ; hæmorrhages from uterus ; hard ear-wax ; chapped hands ; loose, irregular or painful teeth; delayed teething; cough with viscid yellow phlegm; displacement of organs; especially of the uterus; hypertrophy of heart; testicles or veins; dryness of throat; aggravation during rest and in damp weather; and amelioration by warmth.

Calcarea Phosphorica 12x-200 : Exudation of albumen; anæmia; *marasmus* in spite of nourishing food; indigestion; wasting; incomplete union of broken bones; *diseases of bones*; delayed teething; "white swelling" of the knee; cramps; convulsions; exhaustion; cold extremities; irregularities of circulation; hereditary *tuberculoeis*; kidney-diseases; leucorrhœa; *chlorosis*; *night-sweat*; ulcer early decay of teeth; rheumatism in rainy season; *hydrocephalus*; weak neck and spine; headache; copious sweating of forehead (in fat children). Aggravation of diseases at change of season, by damp or by movement; and relief on lying down.

Calcarea Sulphurica 3x-200 : [Though this salt is onset in human blood and tissues, yet we retain this drug, for, we are convinced of its utility from provings as well as from clinical cases]. Abscesses, catarrh, yellowish white discharges, threatening suppuration, ulcer in cornea, low fever or thin discharge from intestinal or other chronic ulcers, pimples on gums, diseases of liver or urinary organs, third stage of pneumonia of bronchitis, headache, nausea, neuralgia, hypersensitiveness, desire for fruits and acids, facial pimples or boils, chronic rheumatism, skin-diseases, catarrh. Use it after the allopathic treatment has been tried.

Kali Muriaticum 12x-200 (*trit.*) : In the second stage of inflammation, acts chiefly on mucous membrane; white mucous discharges, tongue coated white or grey in its back part, viscid sputum during the subacute stage of catarrh, cough, loss of voice, dry phlegm, inflammation of glands in neck or in front of the ears, diseases of throat and bronchi, sick headache, ringing in the ears, sores inside the mouth, dryness of mouth, diphtheria, indigestion, epilepsy, rheumatism, rheumatic swelling of joints, cold abscesses, scaly skin, carbuncles, constipation, jaundice, eustachian deafness, chronic discharge of pus from ears, sore-throat, chicken-pox, small-pox, scarlet fever, erysipelas, eczema, pneumonia, pleurisy, leucorrhœa, syphilis, gonorrhœa, scanty menses, amenorrhœa, dropsy, diarrhœa, typhoid fever, plague, asthma due to dyspepsia, colic from starch, indigestion. Aggravation after rich diet or from motion.

Kali Phosphoricum 3x-230x (*trit.*) : Acts chiefly on muscles, nerves, brain and blood. Patient becomes nervous and sheds tears like a child on trivials. Nervous exhaustion, nervous diseases, blood-poisoning, gangrenous stage, typhoid fever, poisoned sores, bad odours of all the bodily secretions and excretions, early stage of gangrene in any part of the body, pimples all over, catarrh with fetid odour in breath, free discharge of foul-smelling mucus from the nose, diarrhœa, ear-ache stiff-neck, asthma, summer fever due to cold and catarrh, eyes congested, paralytic condition, epilepsy, sunken countenance, coldness and palpitation after the attack, attacks generally come on from fright, insomnia from excessive drinking of alcohol, gripes, excessive mental and physical exhaustion, blood is dark in colour, pulse is weak—at first quick then slow, weakness of memory, indigestion, puerperal fever, blackened small-pox, eruption, hæmorrhages, scaly condition of skin.

bleeding from uterus, albuminous urine, hysterical "globe", insanity, somnambulism, fear of light or of open spaces, vertigo, gastritis, gastric ulcer, whooping cough, rheumatism, nettle-rash, nervous tremors, shortness of breath or cramps due to over-exertion, excessive flooding. Aggravation from noises, exposure to cold wind, travels or over study, relief from slow walking, gossiping, eating or warmth.

Kali Sulphuricum 6x-200x (*trit.*) **:** Yellow mucous discharges, inflammation of all sorts and third stage of catarrh are pre-eminently benefitted. Useful in any skin-troubles. Asthma with bronchitis and great rattling in the chest, yellow muddy expectoration, worse warm weather or in a warm room, headache (relieved by cold wind), dandruff, scalding sensation of head nearing a fire, leucorrhœa with yellow discharge, migratory pains in body, ring-worm or scabs all over the skin of body, vertigo from deficient oxygenation, chilliness, toothache, third stage of scarlet fever, measles, small-pox, erysipelas, bronchitis, croup, diphtheria, whooping cough, pneumonia, cholera, typhoid fever, malaria, jaundice from gastric catarrh, colic, weight in stomach, indigestion, peeling off of skin of lips ; scabs or coating forming on face, tongue, mouth, mucous membrane or anywhere ; hemiplegia, free discharge of fœtid mucus from nose and ears, tumour in ear, eczema, complications arising out of suppressed measles or abscesses, diseases of nails. Aggravation while staying inside closed room or inside warm places or in summer or *after sunset* ; better in cold open air or dry equable weather.

Natrum Muriaticum 12x-200x (*trit.*) **:** Chief indications are : Disappointment, a feeling of utter helplessness, continuous thirst, emaciation, dryness of mouth, strong desire for salt, constipation. Anæmia, pale face, headache, palpitation, melancholy, neck slender and emaciated, lips dry, ulcer on lips, crack on centre of lips, fever-blisters, phlegm is frothy or clear, whitlow, corn, diseases of nails ; malarial fever—intermittent, coming by 10 A. M. with rigor, thirst before cold stage and absence of thirst in the hot stage, with intense headache, suppressed by quinine ; profuse watery mucous discharge, rickets, malnutrition and emaciation, in spite of nourishing food, fistula, sore-gums, backache, skin looks glossy, frothy saliva, sudden stoppage of blood circulation, paralysis of heart-muscles from any acute disease, hæmorrhage from stomach, lungs, etc., delirium, etc., from excessive drinking, œdema of lungs, summer ever with catarrh, deep sleep or insomnia, epilepsy with foam in mouth, apoplexy (give 6x internally and dash cold water on crown of head and face, but not in back of head), bites and strings of creatures, abuse of quinine, nettle-rash or itch rheumatism, emaciation in spite of good food. Aggravation—in winter, on visiting sea side, after making water, taking quinine, arsenic, mercury, silver nitrate, sulphur. etc. Amelioration—on going into open air, taking cold bath, or on lying on right side.

Natrum Phosphoricum 3x-200x (*trit.*) : Good for acidity. Sour eructation, sour vomiting ; sour smell in sweat, gout or rheumatism, uric acid in blood, yellow mucous from eyes, yellowish tinge or yellowish coating on the palate, and yellow mucous discharge from urinary passages, intermittent malaria with sour vomiting, profuse flow of sour milk, spermatorrhœa, weak spine, weak body, diarrhœa due to acidity, greenish stools, sour smell from the child's body, diseases in children due to excess of lactic acid, from eating too much of sugar, fatty glands are swollen, gonorrhœa, heart-burn, water-brash, acidity, indigestion from acidity, pus formation, epilepsy, erysipelas, effects of vaccination, headache, vertigo, sour smell in breath, ophthalmia, ear is hot, red and itchy nose and foul smell emanating therefrom, face is swollen and red, acid or coppery taste in mouth, yellow coating at the back of tongue, gastric ulcer, wind in stomach, squint and pain in abdomen from worms, habitual obstinate constipation, stools whitish or green, hæmorrhoids, diabetes, leucorrhœa, phthisis, palpitation, tottering of legs from debility, pain in knee, head and other joints, sleeplessness from itching, eczema with honey-like discharge, emaciation (in children). Aggravation during thunder-storm, or indigestion from fatty or sweet food.

Natrum Sulphuricum 1x-200x (*trit.*) : It is pre-eminently a liver remedy. In bilious complaints and conditions arising from excessive secretion of bile, Nat. Sulph. is of great help. Inperfect essimilation, *thread-worms*. Bilious fever, bilious vomit, belching or diarrhœa, bilious headache, bitter taste in mouth with grayish tongue, influenza, jaundice, yellow fever, wind-colic in stomach, malaria, liver diseases, catarrh, yellowish discharges, diabetes, kidney-diseases, indigestion, asthma, accumulation of mucus in bronchi with bringing up of yellow or greenish phlegm, convulsions, writhing of limbs during sleep, delirium, mental pain from head injury, constipation, cholera, infantile cholera, diarrhœa, lead-colic (give 2x), increase of white and decrease of red corpuscles in blood, pain in gall-bladder, chronic gonorrhœa, erysipelas, rheumatism in those who are phlegmatic, dropsy from liver disease, retention of urine, inability to retain urine, neuralgia of malarial origin, to decrease the flow of milk, eye-lids get gummed, fear to be exposed to light, ear-ache, ringing in the ears (bell sound), fœtid discharge from syphilitic eczema, burning sensation in nose and mouth, loss of taste of foods, toothache with burning sensation in gums, relieved by smoking, stone in bladder, vomiting of pregnancy, pain and constricting-sensation in chest at the time of coughing, dropsy of feet, deep sleep, disturbed sleep at night owing to asthmatic fit, abscesses, ring-worm (200 to 500). Aggravation by damp weather, by residence in damp or marshy soil, by eating plants, that grow near water, or by eating fish or on lying on left side, relieved by living in dry, warm, open places.

Ferrum Phosphoricum 1x-200x : Used in the first stage of inflammation in eyes, ears, teeth, stomach, etc., ulcers, bronchitis, pneumonia, pleurisy, in inflammatory fevers, headache, vertigo, rheumatism, lumbago, erysipelas, sore-throat, cough, catarrh, cold in the head (first stage), bleeding of bright blood, piles, dysentery, nose-bleed, abscesses, carbuncles, swelling and heat in different parts of the body, inability to retain urine, throbbing headache, painful diarrhœa from cold, vomiting, indigestion. Lotion and ointment from *Ferrum Phos.* 3x are used for application to piles. Aggravation on movements or on application of heat, relief on applying cold.

Magnesia Phosphorica 1x-200x (*trit.*) : Useful in crampy, colicky or neuralgic pains, lower potencies taken in hot water relieve pains. Pain in head, face, teeth or stomach, neuralgia, loss of sense of smell, cramps, convulsions, whooping cough, cramps in muscles, tetanus, spasmodic retention of urine, spasmodic cough, tremors of the body, involuntary spasms of muscles of face and limbs, diseases arising from chronic drinking habit, writer's cramp, hysterical globus, much itching, pain in heart, asthma, bleeding piles, constipation, watery discharge from nose (aggravation in cold and abated in warmth), rheumatic pains, fainting fit, hiccup, twitchings of limbs from paralysis thereof, stammering, itches all over body, pharyngitis, gall-stone with colic (3x internally in hot water and also locally applied), Menstrual colie, membranous dysmenorrhœa, nausea or vomiting, gas in stomach, indigestion, epilepsy, yawning, profuse sweating, sleeplessness. Aggravation especially in right side of body, soft touch or on exposure to cold, relief on warm application or on doubling up of body.

Silica 12x-200x (*trit.*) : Discharge of thin pus from carbuncle, withlow, ulcers, pimples or boils, ulcers following vaccination, tumours, etc. Silica acts chiefly on suppurative process, it promotes suppuration and matures abscesses. It is adapted to scrofulous, rachitic children with large head, open fontanelles, distened abdomen, who are slow to learn walking, sweating of head in fat children, pot-bellied, lean and lanky children, constipation, hard stool comes out partially and slips back, low vitality, body cold, easily susceptible to cold, chronic headache, foul smelling sweating of feet and arm-pits, caries of bones, hip-joint disease, night-sweat

(In head and neck especially), long continued low fever, phthisis, chronic gout or rheumatism, exhaustion from preponderance of mental capacity over physical, acuteness of hearing, absent-mindness, patient wants to be let alone, nausea sensation of chill, aversion to meat and hot things, falling off of hair, cataract formation from sudden stoppage (owing to application of foot-powders, etc.) of sweating of feet, apoplexy, paralysis, deafness, redness and sore on tip of nose, ulcer on tip of tongue or on lips, leucorrhœa, neuralgia, blocking of one from swelling of its mucous membrane, asthma of stone-cutters or grinders, stone in bladder, pus in eyes, water in the knee-joint, epilepsy (aggravated at new or full moon), painful piles, fœtid diarrhœa, fistula, uric acid in blood, chronic gonorrhœa, ulcer in breast or nipple, chronic bronchitis, tuberculosis of lungs, palpitation, chronic diseases, sleeplessness from excited circulation. Aggravation at night during full or new moon, on exposure to cold draught, alleviation in warmth or warm room, or on covering up the head with warm head-gers, or on taking hot baths. See *Silicea.*

Tethelin (from pituitary glands, at base of brain). It has the property of stimulating the growth of body.

REGIONAL DRUGS

In affections of right side of body :—*Aur., Arg. Nit., Apis, Colocynth, Canthris, Calc. Calc., Chelid., Nux Vom., Puls., Bell.. Bryo., Borax., Baptisia, Secale, Lyco.*

In affections of left side : *Asafœtida, Arg. Nit., Phos., Euphorbia, Crocus, Capsicum, Mezerium, Lachesis, Stannum, Cina, Sulph., Silicea.*

Affections attacking alternate sides of body : *Agaricus, Antim Crude., Lachesis.*

Affecting diagonal regions of body :—*Agar., Phos.*

PART II DRUGS—THEIR POTENCIES AND DURATION OF ACTION

The following table gives at a glance in the four succeeding columns (a) a full name of each drug (b) its abbreviated name; (c) the potencies or dilutions in general use and (d) duration of action of the potentized drug.

Regarding the last item, it is held by Miller that the duration of action depends both on the state of health of the patient and on the nature of the disease. And Jahr lays down that in the gross, in any acute disease the duration of the drug is from 15 minutes to 48 hours and in chronic disease, 5 to 8 days. The periods laid down, therefore, in the fourth column are mere averages. *'d'* indicates *day* '*h*' indicates *hour*, *and* '*wks*' indicates *weeks*.

Drugs	**Abbreviated Names**	**Potencies**	**Duration of Action**
Abrotanum	Abrot.	3—30	...
Acid Aceticum	Ac. Acet.	3—30	14—20d.
,, Carbonicum	,, Carb.	1—200	40—60d.
,, Fluoricum	,, Fluor.	1—6	30d.
,, Hydrocyanic	,, Hydro.	1—3	...
,, Muriatic	,, Mur.	1—6	35d.
,, Nitric	,, Nit.	3x—30	40—65d.
,, Oxalic	,, Oxal.	3—30	...
Aconitum Napellus	Acon. Nap.	3x—30	$\frac{1}{2}$—48h.
Actæa Racemosa	Actea Rac.	θ—30	8—12d.
,, Spicata	,, Spi.	3	1h—21d.
Ælaps Corallinus	Ælaps.	6—30	...

Drugs	**Abbreviated Names**	**Potencies**	**Duration of Action**
Æsculus Hippocast	Æscu.	θ—3	30d.
Æthusa	Æthusa	3—30	20—30d.
Agave Americana	Agave	θ	...
Agaricus Musc.	Agar.	3—200	40d.
Agnus Castus	Agnus	1—6	8—14h.
Allium Cepa	All. Cep.	1 – 6	1h.—1d.
,, Sativa	,, Sat.	3—6	
Alœ Socotrina	Alœ.	1—200	30—40d.
Alstonia Constricta	Alston.	θ—3x	40—60d.
Alumina	Alum.	6—30	...
Alumen	Alumen	1—30	Long duration.
Ambra Grisea	Ambra	2—3	40d.
Ammonium Carb.	Am. Carb.	3—30	50d.
Amyl Nitric.	Amyl Nit.	1x—30	...
Anacardium Orient.	Anac.	3—6	30—40d.
Anthracinum	Anthra.	30	...
Antimonium Crudum	Antim Crud.	3—6	40d,
,, Tartaricum	,, Tart.	3—30	20—30d.
Apis Mellifica	Api Mel.	θ—30	...
Apium Virus	Apium	1—30	...
Argentum Nitricum	Arg. Nit.	3—30	30d.
,, Metallicum	,, Met.	3—6	21h.—20d.
Arnica Montana	Arn. Mont.	θ—200	6—10d.
Arsenicum Album	Ars. Alb.	3x—200	30—40d.
,, Iod	,, Iod	3x—3.	Not to be given with water.
,, Sulph. flav.	,, Sulph.	3—6	...
Arum Triphyllum	Aurum	3—30	1—2d.

Drugs	**Abbreviated Names**	**Potencies**	**Duration of Action**
Asafœtida	Asaf.	1—30	30—40d.
Atropine	Atrop.	2	...
Arum Mur Nat.	Aur. M. N.	2—3	...
,, Metallicum	Aurum.	4x—30	50—60d.
Avena Sativa.	Avena Sat.	θ (in hot water	...
Bacillinum	Bacill.	30—200	...
Badiaga	Badi.	1—6	...
Baptisia	Bapt.	θ—30	...
Baryta Carb.	Bary. Carb.	3—30	40d.
,, Muriaticum	,, Mur.	3	...
Belladonna	Bell.	3x—30	1—7d
Bellis Perennis	Bellis.	θ—3	...
Berberis Vulgaris	Berb.	θ—6	20—30d.
Bismuth	Bismuth	1—6	20—50d.
Blatta Orientali	Blatta	θ—6x	...
Borax	Borax	1—3	30d.
Bovista	Bovista	3—6	7—14d.
Bromium	Brom.	1—3	20—30d.
Bryonia	Bryo.	1—30	7—21d.
Bufo	Bufo	6	...
Cactus Grandiflorus	Cact. G.	θ—30	7—10d
Cadmium Sulph.	Cadm.	3—30	...
Calcarea Arsenic	Calc. Ars.	3x—30	...
,, Carb.	,, Carb.	6—30	60d.
,, Fluor.	,, Fl.	2—12	...
,, Iod.	,, Iod.	2—3	...
,, Phosphor.	,, Phos.	1x—200	60d.
,, Sulph.	,, Sulph.	2—6x	...
Calendula	Calend.	θ—3	...

Drugs	Abbreviated Names	Potencies	Duration of Action
Camphor	Camph.	θ—3x	1h.—1d.
Cannabis Indica	Can. Ind.	θ—3	...
„ Sativa	„ Sat.	θ—12	1—10d.
Cantharis	Canth.	3x—30	30—40d.
Capsicum	Caps.	3—6 (θ in milk)	7d.
Carbo Animalis	Carbo. ani.	3—30	40—60d.
Carbo Vegetabilis	Carbo. Veg.	1—30	40—60d.
Carcinosin	Carci.	30—200	...
Carduus Marianus	Carduus	θ—3x	...
Caulophyllum	Caulo.	θ—3	...
Causticum	Caust.	3—30	50d.
Ceanothus Americanus	Cean. Am.	θ—1	...
Cedron	Cedron	θ—6	...
Chamomilla	Cham.	1—30	20—30d.
Chelidonium	Chelid.	θ—3x	7—14d.
Chimaphilla	Chima.	θ—3	...
Chenopodium Anthel.	Chenop.	3	...
China Officinalis	China	θ—30	7d.
Chininum Sulph.	Chin. Sulph.	1x—30	...
Cicuta Virosa	Cic. V.	3—30	35—40d.
Cimex	Cimex	6—200	...
Cimicifuga Racemosa	Cim. R.	See Actæa Racemosa	
Cina	Cina	1—200	14—20d.
Cinchona	*See* China	...	...
Cinnabaris	Cinnab.	1—3	...
Cineraria Maritima Succus	Cin. M. Succ.	θ	...
Cistus	Cistus	1—30	
Clematis Erecta	Clemat.	3—30	14—20d.

Drugs	Abbreviation Names	Potencies	Duration of Action
Chloral Hydrate	Chloral	1—6	...
Cobra or Naja	Cobra (Naja)	6—30	...
Cocculus Indicus	Coccu.	3—30	...
Coccus Cacti	Coccus	1x—30	...
Coffea Cruda	Coffea	3—200	7d.
Colchicum	Colch.	θ—30	14—20d.
Collinsonia Can.	Collinsonia	θ—200	30d.
Colocynth	Coloc.	3—30	50d.
Condurango	Condu.	θ—1x	...
Conium	Conium	3—30	30—50d.
Copaiva	Copaiva	1—3	...
Corallium Rubrum	Coral.	3—30	...
Cratægus Ox.	Cratæ.	θ	...
Crocus Sativa	Crocus S.	θ—30	3d.
Crotalus Horridus	Crotal.	3—6	30d.
Croton Tiglium	Croton T.	3x—6	30d.
Cubeba	Cubeb.	2—3	...
Cuprum Aceticum	Cup. Acet.	3—6	...
,, Arsenicum	,, Ars.	2—3	...
,, Metallicum	,, Met.	6—30	8—50d.
Cyclamen	Cyclam.	3	14—20d.
Digitalis	Digit.	3—30	10—50d.
Dioscorea	Diosc.	θ—3	1—7d.
Diphtherinum	Diphth.	30—200	...
Dolichos	Dolich.	6	...
Drosera	Drosera	1—6	20—30d.
Dulcamara	Dulc.	2—30	30d.
Echinacea	Echin.	θ	...
Elaterium	Elat.	2—6	...

Drugs	Abbreviated Names	Potencies	Duration of Action
Eucalyptus	Eucalyp.	θ	...
Eupatorium Perfoliatum	Eup. Perf.	θ—3	1—7d.
,, Purpurium	Eup. Purp.	1	...
Euphorbium	Euphorb.	3—6	...
Euphrasia	Euph.	θ—3	7d.
Erigeron	Erig.	θ—3	...
Ferrum Iodatum	Ferr. Iod.	3	...
,, Phosphoricum	,, Phos.	3—6	...
,, Metallicum	,, Met.	2–6	50d.
Filix Mas	Filix	1x—3	...
Formica Rufa	Formica	6—30	...
Gambogia	Gambo.	3—30	1—7d.
Gelsemium	Gels.	θ—30	30d.
Graphites	Graph.	6—30	40—50d.
Glonoin	Glon.	3—30	1d.
Gratiola	Grat.	3—30	1d.
Guaiacum	Guaia.	6	40d.
Hamamelis	Ham.	θ—3x	1—7d.
Hecla Lava.	Hecla.	Lower Pot. 30	...
Helianthus	Helian	θ—30	...
Helleborus	Helleb.	θ—3	20—30d.
Heloderma Horridus	Heloderma	30	...
Hepar Sulph.	Hepar S.	2x—200	8 wks.
Hydrastis	Hydras.	θ—30	...
Hydrocotyle	Hydrocot.	3—6	...
Hydrophobinum	Hydroph.	30—200	...
Hypericum	Hyper.	θ—6	1—7d.
Hyoscyamus	Hyos.	θ—200	6—14d.

Drugs	Abbreviated Names	Potencies	Duration of Action
Iberis	Iber.	θ—3	...
Ignasia Amara	Ign.	θ—200—	...
Influenzinum	Influenz.	30—200	...
Iodium	Iod.	θ—30	30—40d.
Ipecacuanha	Ipec.	3x—30	2h—4d.
Iris Versicolor	Iris	θ—30	...
Jaborandi	Jabor.	θ—30	...
Jacaranda	Jacar.	2—3	...
Jatropha	Jatro.	3—30	...
Kali Bichromicum	Kali Bi.	2—12	30d.
,, Bromatum	,, Brom.	3—6	...
,, Carbonicum	,, Carb.	3—200	40—50d.
,, Iodatum	,, Iod.	θ—12	20—30d.
,, Muriaticum	,, Mur.	3—6	...
,, Phosphorus	,, Phos.	3—200	...
,, Sulphuricum	,, Sulph.	3—12	...
Kalmia	Kalmia	1—6	7—14d.
Kreosotum	Kreosot.	3—200	15—20d.
Lachesis	Lach.	3—200	30—40d.
Lachnanthes	Lachnan.	θ—3	...
Lathyrus	Lathy.	3	...
Laurocerasus	Lauro.	θ—3	4—8d.
Ledum	Ledum	3—30	30d.
Leptandra	Leptan.	θ—3	...
Lilium Tigrinum	Lili. Tig.	3	14—20d.
Lobel Inflata	Lobel. In.	θ—3	...
Lyssin	Lyssin	30	...
Lycopodium	Lyco.	6—200	40—50d.
Magnesia Carbonica	Mag. Carb.	3—30	40—50d.

Drugs	**Abbreviated Names**	**Potencies**	**Duration of Action**
Magnesia Phosphorica	Magn. Phos.	3x—200	...
Malandrinum	Malandrin.	30—200	...
Malaria Officinalis	Malaria Off.	30—200	...
Manganum Aceticum	Manga. A.	3	40d.
Medorrhinum	Medorrh.	30—200	...
Melilotus	Melilot.	θ—lower pot....	
Mephites	Mephi.	1—3	1d.
Menyanthes	Menyan.	3—30	14—20d.
Mercurius Bin-Iodatus	Merc. Bin-Iod.	3	
,, Corrosivus	,, Cor.	3—6	...
,, Cyanatus	,, Cyan.	3—30	...
,, Dulcis	,, Dul.	3—6	...
,, Proto-Iod.	,, Proto.	1—2	...
,, Solubilis	,, Sol.	1—2	...
,, Vivus	,, V.	2—3	1—3d.
Mezereum	Mezer.	6—30	...
Millefolium	Millef.	θ—1x	...
Morbilinum	Morbil.	30—200	...
Moschus	Mosch.	1—3	...
Naja (Cobra)	Naja (Cobra)	6—30	...
Naphthalinum	Naphthal.	1—3	...
Natrum Arsenicum	Nat. Ars.	3—30	...
,, Carbonicum	Nat. Carb.	3—6	...
, Muriaticum	Nat. Mur.	6—200	40—50d.
,, Phosphoricum	Nat. Phos.	3—12x	...
,, Sulphuricum	Nat. Sulph.	3—12	30—40d.
Nicotinum	Nicotin.	3—6	...
Nuphar Luteum	Nuphar L.	θ—6	...
Nux Moschata	Nux Mosch.	1—3	...

Drugs	Abbreviated Names	Potencies	Duration of Action
Nux Vomica	Nux Vom.	1—200	1—7d.
Œnanthe Crocata	Œnanthe	3—6	...
Oleander	Olean.	3—30	20—30d.
Opium	Op.	3—200	7d.
Origanum	Origan.	3	...
Osmium	Osm.	6	...
Pareira Brava	Pareira	θ—3	...
Passiflora Incarnata	Passiflor.	θ (30—60m.)	...
Petroleum	Petrol.	3—6	40—50d.
Petrosleinum	Petros.	1—3	...
Phosphorus	Phos.	3—30	40d.
Physostigma	Phosos.	3	...
Phytolacca	Phyto.	θ—3	...
Plaguinum	Plaguin.	6—30	...
Plantago	Plant.	θ—3	...
Platinum	Plat.	3—30	35—40d.
Plumbum	Plumb.	3—30	20—30d.
Podophyllum	Podoph.	θ—200	30d.
Psorinum	Psor.	30—200	30 – 40d.
Pulsatilla	Puls.	3x—30	40d.
Pyrogenium	Pyro.	6—30	
Radium Bromide	Radium	30—200	35—40d.
Ranan. Bulb.	Ranan.	θ—30	30—40d.
Ratanhia	Ratan.	3—6	...
Rheum	Rheum	3—6	2—3d.
Rhododendron	Rhodo.	1—3	35—40d.
Rhus Tox	Rhus T.	3—200	1—7d.
Rhus Venenata	Rhus Ven.	3—30	...
Ricinus	Ricin.	3—6	...

Drugs	Abbreviated Names	Potencies	Duration of Action
Robinia	Robin.	θ—3	...
Rumex Crispus	Rumex	3—6	...
Ruta Graveolens	Ruta	1—30	30d.
Sabal Serrulata	Sabal.	θ (10—20 m.)	...
Sabadilla	Sabad.	θ—30	20—30d.
Sabina	Sabina	1—30	20—30d.
Sambucus	Sambu.	θ—6	3—4d.
Sanguinaria Can.	Sangui.	θ—6	
Santonine	Santo.	1x—3	...
Sarracenia	Sarracen.	3—6	...
Sarsaparilla	Sarsa.	1—6	35d.
Scilla Maritima	Scilla.	1—6	35d.
Secale Cornutum	Secale	θ—30	20—30d.
Selenium	Selen	3—30	40d.
Sepia	Sepia	6—200	40—50d.
Senega	Senega	θ—30	30d.
Senecio	Senecio.	θ—3	...
Silica or Silicea	Sil.	3—200	40—60d.
Skookum chuck	Skookum	3	...
Spigelia	Spigel.	2—30	20—30d.
Spirit Camphor	Camph.	θ	1h—1d.
Squilla	Squil. (see Scilla)...		...
Staphysagria	Staph.	3—30	20—30d.
Sticta Pulmonaria	Sticta	θ—6	...
Stillingia Sylvatica	Stilling.	θ—2x	...
Stramonium	Stram.	θ—30	...
Strophanthus	Stroph.	θ	...
Strychninum	Strych.	1—30	...
Sulphur	Sulph.	6—200	40—60d.

Drugs	Abbreviated Names	Potencies	Duration of Action
Syphilinum	Syphil.	30—200	...
Syzygium Jambo.	Syzygi.	θ	...
Tabacum	Tabac.	3—200	...
Tarantula	Tarant.	6—30	...
Terebinthina	Tereb.	1—6	...
Teucrium	Teuc.	1—6	14—21d.
Tellurium	Tellu.	6—30	30—40d.
Thuja	Thuja	30—200	1—7d.
Thlaspi Bursa-Pa.	Thlaspi.	θ—6	...
Thyroidinum	Thyroid.	6—30	...
Tuberculinum	Tuberc.	30—200	...
Typhoidinum	Typhoid	30—200	...
Uranium Nitricum	Uran. Nit.	2—3	...
Vaccininum	Vaccin.	30—200	...
Valeriana	Valerian.	θ	...
Variolinum	Variol.	6—30	...
Veratrum Album	Verat. Alb.	3—30	...
Veratrum Viride	Verat. Vir.	θ—6	...
Verbascum	Verbas.	θ	3—10d.
Viburnum Opulus	Viburn. Op.	θ—3x	...
Viola Odorata	Viola Odor.	θ—6	2—4d.
,, Tricolor	,, Tri.	3	8—14d.
Viscum Album	Viscum.	θ Lower potency	
Xanthoxylum	Xanthox.	1—6	...
Zincum Metallium	Zinc.	2—30	30—40d.
Zingiber	Zingib.	1—6	...

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DRUG RELATIONSHIP

Potentized Homœopathic medicines can be roughly grouped into three classes in respect of their action. *viz.*—

(*a*) **Remedies that follow well a remedy**—In keeping up or finishing the work done by the principal remedy. Some of these helpful medicines are really complementary—*i.e.* they finish the work started by the principal remedy. These complementary ones have been stated in the list that follows. As for example 'Alœ' is followed well by 'Kali Bichrom,' Sepia, Sulphuric Acid, Sulphur.* The plain meaning of these statement is that Kali Bichrom., etc. do not neutralize but keep and often times complete the therapeutic action started by Alœ. Regarding Sulphur, the complementary remedy that has been marked with an asterisk, one has to remember that it finishes the action of Alœ. Very often a complementary medicines may precede the principal remedy.

(*b*) **Inimical or Incompatible remedies**—The use of any of these after the principal remedy has been applied, is harmful; such a procedure renders the disease complicatd and treatment difficult. Thus, Allium Sativa, if given after Alœ, not only partially undoes the action of Alœ, but foists upon the system its own characteristic symptoms and renders worse.

(*c*) **Antidotal Remedies :**—An accidental overdose of any remedy, acts as a poison on the system. To destroy or neutralize such poisoning symptoms, certain remedies [illegible] very effectual. Thus, if Alœ has been over-dosed, the use of Camphor, Lycop., Nux will neutralize the baneful effects of Aloe. Dr. Clarke gives two instances in support of drug-relationship. One of his cases was being successfully piloted through by the help of Calcarea when somebody gave Bryonia—a drug that is inimical to the action of Calcarea and the case was irretrievably lost. Dr. Clarke had once taken Natrum Mur. 200 and had been getting vague symptoms of illness, this was easily antidoted by inhaling only once dose of Nitri Spiritus Dulcis.

(A) Supplementary and Complementary Remedies

[The first named is the principal remedy; those following are Supplementary, and those marked with asterisk are Complementary remedies. Supplementaries must follow but Complementaries may precede as well as follow the principal remedy].

Acid Acet.—China.

Acid Fluor.—Ars., Bell., Graph., Nit. ac., Phos. ac., Rhus. Sil.

Acid Mur.—Calc., Kali c., Nux, Puls., Sep., Sil., Sul.

Acid Nit.—Arn., Ars.,* Arum, Aur. m., Bell., Calad.,* Calc., Carbo. an., Hep., Kali c., Kreo., Merc., Mez., Nat. c., Phos., Puls., Sep., Sil., Sul., Thuja.

Acid Phos.—Ars., Bell., Calc., Phos., Caust., China., Con., Ferr., Ferr., Phos., Fluor ac., Kali Phos., Lyc., Merc., Nat., Phos., Nux., Puls., Rhus, Selen., Sep., Sul., Verat.

Acid Sulph.—Arn., Calc., Con., Lyco., Plat., Puls., Ruta, Sep., Sulph.

Aconite.—Alœ., Arn.*, Ars., Bell., Bryo., Cact., Calc., Canth., Coff.*, Hep., Ipec., Kali Br., Merc., Puls., Rhus, Scill., Sep., Spig., Spong.

Æthusa.—Calc.*

Agaricus.—Bell., Calc., Cup., Merc., Opi., Puls., Rhus, Sil., Tarant., Tuberc.

Agnus.—Ars., Bryo., Calad., Ign., Lyco., Puls., Selen., Sul.

All. Cepa.—Calc., Sil., Phos.*, Puls., Sarsa., Thuja.

All. Sat.—Ars.*

Aloe.—Kali Bi., Sep., Sul. ac., Sul.

Alumina.—Arg. met., Bryo.*, Ferr.*

Ambra G.—Lyco., Puls., Sep., Sulph.

Ammon C.—Bell., Bryo., Calc., Lyco., Phos., Puls., Rhus, Sep., Sulph., Verat.

Anacard.—Lyco., Plat., Puls.

Anthraxin.—Aur. M. N., Sil.

Ant. C.—Calc. Lach., Merc., Puls., Scill., Sep., Sul.

Ant. T.—Bar. c., Camph., Carbo., Cina, Ipecac.*, Puls., Sep., Sul., Tereb.

Apis.—Arn., Ars., Graph., Iod., Kali Bi., Lyco., Nat. M., Phos., Puls., Stram., Sul.

Arg. Met.—Calc., Puls., Sep.

Arg. Nit.—Bryo., Calc., Hydrast., Kali c., Lyco., Merc., Puls., Scill., Sep., Sang., Verat.

Arn.—Acon.*, Ars., Bar. M., Bell., Berb., Bryo., Cact., Calc., Calend., Cham., China, Con., Hep., Hyper.*, Iod., Ipec., Led., Nux, Phos., Psor., Puls., Rhus.*, Ruta, Sulph. acid.

Ars.—All. Sat.*, Apis, Bar. C., Bell., Calc., Calc. Ph., Carbo V., Cham., Chelid., China., Cic., Ferr., Fl. ac., Hep., Iod. Ipec., Kali bi., Lach., Lyco., Merc.

Nat. S.*, Nux, Phos.*, Pyro.*, Rhus, Sul., Thuja*, Verat.

Aurum.—Euphorb.

Asafœtida.—China, Merc., Puls.

Aur. Met.—Acon., Bell., Calc., China, Lyco., Merc., Nit. ac., Puls., Rhus, Sep., Sul., Syph.

Bacillinum.—Calc. ph.*, Hydrast.*, Kali carb.*, Lach.

Badiaga—Iod.*, Lach., Merc.*, Sulph.*

Baptisia—Ham., Nit. ac., Tereb., Croton., Pyro.

Baryta C.—Ant. T., Calc., China, Con., Dulc.*, Lyco., Merc., Nit. ac., Phos., Psor., Puls., Rhus, Sep., Sil., Sul., Tuberc.

Belladonna—Ac. Mur., Acon., Ars., Cact., Calc., Carbo veg., Cham., China, Con., Dulc., Hep., Hyosc., Lach., Merc., Merc. bin., Mosch., Nux, Puls., Rhus, Seneg., Sep., Sil. Stram., Valer., Verat.

Berberis—Lyc.

Bismuth—Bell., Calc., Puls., Sep.

Borax—Ars., Bryo., Calc., Lyco.

Bovista—Alumina, Calc., Rhus, Sep., Verat.

Bromium—Arg., Nit., Kali carb.

Bryonia—Abrot., Ac. mur., Alumina*, Ant. tart., Ars., Bell., Berb., Cact., Carbo veg., Dros., Dulc., Hyos., Nux, Phos., Puls., Rhus, Sabad., Scilla., Sil., Sul.

Cactus—Dig., Eup. perf., Lach., Nux, Sul.

Cadmium—Bell., Hyosc., Lyco., Nux, Opi., Puls., Rhus, Verat.

Calcarea Ars.—Con., Glon., Opi., Pul.

Calcarea Carb.—Ac. Nit., Agar., Bell.*, Bismuth, Borax., Dros., Dulc., Graph., Ipec., Kali Bic., Lyco., Nat. C., Nux, Phos., Plat., Podo., Puls., Sarsa., Scill., Sep., Therid., Tuber.

Calc. Fluor.—Ac. Phos., Calc. Phos., Nat. Mur., Scilla.

Calc. Phos.—Hep.*, Iod., Psor., Rhus, Ruta*, Sul.*, Zinc.

Calendula—Arg. Nit. Arn., Ars., Bryo., Hep.*, Phos., Rhus.

Camphor—Ant. T., Ars., Bell., Canth.*, Coccu., Nux, Rhus, Verat.

Cantharis—Bell., Camph.*, Kali bi., Kali Iod., Merc., Phos., Puls., Sep., Sul.

Carbo Animalis—Ac. Nit. Ars., Bell., Bryo., Calc. P.,* Phos., Puls., Sep., Sil., Verat.

Carbo Veg—Ac. Ph., Acon., Ars., China, Dros.*, Kali C.*, Lyc., Nux, Phos.*, Puls., Sep., Sul., Verat.

Caulophyllum—Bell., Cim. rac., Cann. I., Lil. Tig., Nux, Puls., Sep.

Gausticum—Ant. T., Arn., Calc., Carbo Veg., Guaia., Kali Iod., Lyco., Nux, Petrosel., Puls., Rhus, Ruta, Scilla, Sep., Stran., Sul.

Ceanothus—Berb., Con., Quercus.

Chamomilla—Acon., Arn., Bell., Bryo., Cact., Calc., Cina, Coff., Coccu., Cypr., Fomica., Mag. C., Merc., Nux, Puls., Rhus, Scilla, Sep., Staph., Sulph.

Chelidonium—Acon., Ars., Bryo., Coral., Ipecac., Led., Lyco., Nux, Sep., Spig., Sul.

China—Ac. Acet., Ac. Phos., Arn., Ars., Asaf., Bell., Bryo., Calc., Calc. Phos., Carbo Veg., Ferrum, Ipec., Lach., Merc., Nux, Phos., Puls., Sulph., Verat., Lyco.

Cicuta—Bell., Hep., Opi., Puls., Rhus, Sil., Stan.

Cina – Calc., China, Ign., Nux, Plat., Puls., Rhus, Sil., Stan.

Cicuta—Bell., Carbo Veg., Magn. C., Phos.

Clematis—Calc. Merc., Puls., Rhus, Sep., Sil., Sulph.

Cocculus—Ars., Bell., Hep., Ign., Lyco., Nux, Opi., Puls., Rhus.

Coffea—Ac. Fluor., Acon.*, Aur., Bell., Lyco., Nux, Opi., Sulph.

Colchicum—Carbo Veg., Merc., Nux, Puls., Rhus, Sep.

Colocynth—Bell., Bryo., Caust., Cham., Merc., Nux, Spig., Staph., Sulph.

Conium—Arn., Ars., Bar. m., Bell., Calc., Dros., Lyco., Nux, Phos., Puls., Rhus, Sep., Sil., Stram., Sulph.

Corallium—Sulphur.*

Crocus – Bell., Calc., China, Nux, Puls., Rhus, Sep., Sul.

Croton—Anac., Apis, Colch., Kali Bi., Phos., Rhus, Verat.

Cup. Acet.—Agar., Calc., Cic., Cim., Cup., Gels., Stram., Zincum.

Cup. Met.—Agar., Ars., Bell., Calc., Caust., Cic., Cim., Hyos., Kati Nit., Puls., Sep., Stram., Sulph., Verat., Zincum.

Cyclamen—Bell., Lyco., Phos., Puls., Rhus, Sep., Sulphur.

Digitalis – Ac. Acet., Bell., Bryo., Cham., China, Lyco., Nux, Op., Phos., Puls., Sep., Sulph., Verat.

Drosera—Calc., Cina, Conium, Nux, Puls., Sulph., Verat.

Dulcamara—Baryta Carb.*, Bell., Bryo., Calc.*, Calc. Sul.*, Kali c., Lyco., Rhus, Sep., Sulph., Verat., Merc., Nit. ac., Puls., Sil.

Eupatorium Perf. Nat. m., Sep., Tuberc.

Euphrasia—Acon., Alumen, Calc., Con., Lyco., Merc., Nux, Phos., Puls., Rhus, Sep., Sil., Sulphur.

Eupatorium—Arum, Bell., Calc., Ferr. m., Graph., Lach., Lyc., Puls., Sep., Sul.

Ferrum—Acon., Alum,,* Arn., Ars., Bell., Calc., China.,* Con., Ham, Lyc., Merc., Phos., Puls., Sep., Sil., Sul., Verat.

Ferrum Phos.—Ant. T., Bell., Calc. Fl., Calc. P., Calc. S., Kali M., Kali Ph., Nat. S.

Gelsemium – Bapt., Cact., Ipec.

Graphites—Ars., Caust.*, Euphorb., Ferrum*, Hep., Lyco.*, Nat. Sulph., Scilla.

Guaiacum—Calc., Merc.

Hamamelis—Arn., Ferr.

Helleborus—Bell.*, Bry., China, Lyc., Merc., Nux, Phos., Puls.*, Rhus, Sep., Sul., Zinc.

Hepar—Abrot., Acon.*, Arn., Ars., Bell., Calad., Caust., Cham., China., Daph., Ign., Iod., Lach., Lyc., Merc.*, Nat., Nitr. Ac., Nux, Phos., Rhus, Sil.*, Spong., Sul., Zinc.

Hyoscyamus—Bell.*, Bry., Lyc., Nux, Op., Phos., Puls., Stram., Verat.

Hydrophobinum—(also see Lyssin) Gels., Lach., Naja, Nat. Carb., Nat. M.

Iberis—Amyg., Bell., Cact., Dig.

Ignatia—Ars., Bell., Calc., China, Cocculus, Lyc., Nat. M., Nux, Puls., Rhus, Sep., Sil., Zinc.

Iodium—Acon., Arg. Nit., Ars., Bell., Calc., Lyc.*, Merc.*, Nux, Phos.*

Ipec.—Acon., Ant. C., Ant. T., Arn., Ars., Bell., Bry., Cact., Cad. S., Calc., Cham., China, Cup., Ign., Lyc., Merc., Nux, Phos., Podo., Puls.*, Rheum, Rhus, Sep., Sulph., Tabac., Verat.

Kali Bi.—Ant. T., Ars., Berb., Canth., Iod., Puls.

Kali Brom.—Acon., Cact., Samb., Spong.

Kali Carb.—Ars., Bell., Bry., Calc., Camph., Carb Veg., Fl. ac., Lyc.*, Merc., Nat. M., Nit. ac., Nux, Phos.*, Puls., Rhus, Sep.*, Sil., Sulph.

Kali Iod.—Nit. ac.

Kali Mur.—Ferr. P., Kali P., Kali S., Sil.

Kali Phos.—Cycl., Kali m., Mag. ph., Nat. m., Nit. ac.

Kali Sulph.—Acet. ac., Ars., Calc., Hep., Puls., Rhus, Sep., Sil., Sulph.

Kalmia Lat.—Benzoic ac.*, Calc., Lyc., Nat. Mur., Puls., Spig.

Kreosotum—Ars., Bell., Calc., Kali carb., Lyc., Nit. ac., Nux, Rhus, Sep., Sul.

Lachesis—Acon., Alum., Ars., Bell., Brom., Bry., Cact., Calc.*, Carbo veg., Caust., Cham., China., Cicuta., Con., Euphorb., Hep.*, Hyos., Iod., Kali bi., Kali Iod., Lac. Can., Lyc.*, Merc., Nat. m., Nit. ac., Nux, Oleand., Phosph., Puls.*, Rhus, Sep., Sil., Staph., Stram., Sulph., Tarent., Verat.

Laurocerasus—Bell., Carbo veg., Phos., Puls., Verat.

Ledum—Acon., Bell., Bry., Calc., Chelid., Lyc., Merc., Nux, Puls., Rhus T., Sulph., Sul. ac.

Lycopodium—Anacard., Bell., Bry., Calc.*, Carbo veg., Dros., Graph.*, Hyos., Iod., Kali carb., Lach.*, Led., Merc., Nux, Phos., Puls.*, Rhus, Sep., Sil., Stram., Sulph.*, Therid., Verat.

Lyssin—Arg. nit., Nat. mur., Stram., Tabac. (also see Hydrophobinum).

Mag. Carb.—Caust., Merc., Phos.*, Puls., Sep., Sil., Sulph.

Mag. Mur.—Bell., Calc., Lyc.*, Merc., Nat. m., Phos., Puls.*, Sep.*, Sil., Sul.

Manganum Acet.—Puls., Rhus, Sul.

Manganum Carb.—Calc., Lyc., Merc., Phos., Puls.*, Rhus, Sep., Sul.

Medorrhinum—Sul., Thuja.

Menyanthes—Bell., Calc., Capa., Lyc.*, Puls.*, Rhus, Sep., Sul.

Merc.—(Sol or Virus)—Ars., Asaf., Badi.*, Bell.*, Calc., Calc. Phos., Carbo V., China, Dulc., Guaiac., Hep., Iod., Lach., Lyc., Murat ac., Nit. ac., Phos., Puls.*, Rhus, Sep., Sil., Sul.*, Thuja.

Mezereum—Bell., Bry., Calc., Caust., Ign., Lyc., Merc.*, Nux, Phos., Puls.*, Rhus, Sep., Sil., Sul.

Nat. Carb.—Calc.*, Lyc., Nit. ac., Nux, Phos., Puls., Selen., Sep., Sil., Sul.*

Nat. Mur.—Apis, Bell., Bry., Calc., Calc. ph., Caps.*, China, Ferr. ph., Graph., Hell., Ign.*, Kali c., Kali m., Kali ph., Kali S., Lach., Lyc., Nat. S., Nux, Phos., Puls., Rhus, Sep.*, Sil., Sul.*

Nat. Sulph.—Ars., Bell., Ferr. ph., Nat. m., Thuja.

Nux Moschata—Ant. T., Bell., Lyc., Nux,* Phos., Puls.*, Rhus, Sil., Stram., Sul.

Nux Vom.—Æsculus, Ars., Bell., Bry., Cact., Calc.*, Carbo V., China., Coccu., Colchi., Hyos., Ipec., Kali c., Lyc., Mag. m., Phos., Phos. ac., Puls., Rhus.*, Sep., Sul.

Oleander—Bell., Bry., Calc., Con., Lyc.*, Nat. m., Nux, Puls., Rhus, Sep., Spig., Sul.

Opium—Acon., Ant. T., Bell., Bry., Hyos., Nux m., Nux v., Sambucus.

Osmium—Dioscorea.

Palladium—Platina.

Paris Quadri—Bry., Calc., Led., Lyc., Nux, Phos., Puls., Rhus, Sep.*, Sulph.

Petroleum—Bell., Bry., Calc.*, Lyc.*, Nit. ac., Nux, Phos., Puls., Rhus, Scill., Sil., Sul.*, (Petrol. can precede Sepia but cannot follow it).

Phosphorus—Allium Sat., Ars., Bell., Bry., Calc., Carbo veg., Cepa., China, Ipecac., Kali c., Lyc., Nux, Puls.*, Rhus, Sep., Sil., Sul.*

Platinum—Anac., Arg. met., Bell., Calc., Ign., Lyc., Merc., Pallad., Puls., Rhus.*, Sep., Sul., Verat.

Plumbum—Ars. Bell*, Calc., Lyc.*, Merc., Op., Phos., Puls.*, Sep., Sil., Sul.*

Podophyllum—Calc., Ipec., Nux, Sul.

Psorinum—Alum., Arn., Borax., Bar. c., Carbo veg., China, Hep., Lact. ac., Lyc., Sul., Tuberc.

Pulsatilla—Arg. nit., Ars., Asaf., Bell.*, Bry., Calc., Cepa., Cham., Euphorb., Graph., Kali bi., Kali m.*, Kali sul., Nit. ac., Nux, Phos.*, Rhus, Sep., Sul.*, Sulph. ac.

Ranunculus Bulb.—Bry., Ign., Kali c., Nux, Rhus, Sabad., Sep.

Ranun. Sceli.—Ars., Bell , Lach., Puls.*, Rhus, Sil., Sul.

Radium Brom.—Calc., Sep., Rhus ven.

Rheum—Bell., Ipec., Mag. carb.*, Puls., Rhus, Sul.

Rhododendron—Arn., Ars., Calc., Con., Lyc., Merc., Nux, Puls.*, Rhus,* Sep., Sil., Sul.

Rhus Tox.—Arn., Ars., Bell., Berb., Bryo.*, Cact., Calc., Calc. ph., Cham., Con., Dros., Graph., Hyos., Lach., Merc., Muriatic ac., Nux, Phos. ac., Phos., Puls.*. Sep., Sul.

Rhus ven.—Rhus tox.

Rhumex—Calc.

Ruta—Calc., Calc. ph., Caust., Lyc., Merc., Phos. ac., Puls.*, Rhus, Sep., Sil., Sulph. ac., Sulph.*

Sabadilla—Ars., Bell., Bry., Calc., Merc., Nux, Phos., Puls.*, Rhus, Sep., Sil., Sul.

Sabina—Ars., Bell., Puls.*, Rhus, Spong., Sul., Thuja.

Sambucus Nig.—Ars., Bell., Con., Dros., Nux, Phos., Puls., Rhus, Sep., Sul.

Sanguinaria—Bell.

Sarsaparilla—Bell., Cepa.*, Hep., Merc., Phos., Rhus, Sep.*, Sul.

Secale Cor.—Acon., Ars., Bell.*, Cham., China, Lyc., Op., Puls., Rhus, Sul.

Selenium—Calc., China, Lyc., Merc., Nux, Sep., Sul.

Senega—Aur., Bell., Bry., Calc.*, Lyc.*, Phos., Sul.

Sepia—Bell., Bry., Calc.*, Carbo veg., Con., Dulc., Euphorb., Graph.. Lyc., Merc., Nat. C.*, Nat. mur., Nit. ac., Nux,* Petrol., Phos.*, Puls.*, Rhus,* Sarsa., Sil., Sul., Tarent.

Silica (Silicea)—Ars., Asaf.. Bell., Bry., Calc.*, Calc. S., Cina, Clemat., Fluor. ac., Graph., Hep., Ign., Lach., Lyc., Merc., Nit. ac., Nux, Phos., Puls., Rhus, Sep., Sul., Tuberc.

Silica Marina—Ars., Bar. c., Ign., Nux, Rhus, Sil.

Spigelia—Acon., Arn., Ars., Bell., Bry., Calc., Cim., Dig., Iris., Kali c., Kalmia, Lyc., Nux, Phos., Puls.*, Rhus, Sep., Sul., Zinc.

Spongia—Acon., Bell., Brom., Bry.*, Calc., Carbo V., Con., Fluor. ac., Hep., Ign., Kali br., Nux, Phos.*, Puls.*, Rhus, Sep., Sul.

Squilla (Scilla)—Ars., Bell., Bry.*, Phos., Rhus, Lil., Sul.

Stannum Met.—Bell., Bry., Calc., Caust., Cina , Kali C., Lyc., Lyssin., Nux, Phos., Puls.*, Rhus, Sep., Sul., Tuber.

Staphysagria—Calc., Caust., Coloc., Fluor. ac., Ign., Lyc., Merc., Puls.*, Rhus, Selen., Sul.

Stramonium—Acon., Ars., Bell.*, Bry., Cup. m., Hyos.*, Lyc., Op., Puls., Sul.

Strontia Carb.—Ars., Calc., Caust., Kali c., Merc., Phos., Puls.*, Rhus*, Ruta, Sep.

Sulphur—Acon.*, Æscul., Alœ.*, Alum., Apis, Ars.*, Badi.*, Bary. c., Bell., Berb., Borax, Bry., Calc., Carbo veg., Dros., Euphorb., Graph., Guaiac., Kali c., Lyc.*, Merc., Nit. ac., Nux, Phos., Podo., Psor., Puls.*, Rhus, Samb., Sarsa., Sep., Sil.

Sulphuric Acid—Arn., Lyc., Nux, Phos., Puls., Rhus, Sep., Sul.

Tabacum—Carbo veg., Hydrophob.

Taraxacum—Ars., Lyc., Nux, Puls., Rhus*, Sep.

Terebinth.—Merc. Cor.

Teucrium M. V.—China, Cina, Ign., Lyc., Merc., Nux, Phos., Puls., Sang., Scil., Sul.

Tuberculinum—Baryta C., Bell.*, Calc.*, Calc. Iod., Calc. Ph.*, Hydrastis.*, Kali c., Lach., Phos., Psor., Puls., Sep., Thuja.

Valeriana—Calc. Phos., Puls., Rhus, Sep., Sulph.

Veratrum Alb.—Acon., Arg. nit., Arn., Ars., Bell., Bry., Calc., Carbo Veg., Cham., China, Cup. m., Dros., Dulc., Ipec., Lyc., Merc., Nux, Phos., Puls., Rhus, Samb., Sep., Sul.

Verbascum—Bell., China, Lyc., Puls., Rhus, Sep., Sul., Sul. ac.

Viola Odo.—Bell., Cina, Coral., Nux, Phos., Puls., Rhus, Sep.

Viola Tri.—Puls., Rhus, Sep., Staph.

Zinc. Met.—Bell., Calc., China, Ign., Phos., Puls. Rhus, Sep.*, Sul.

(B) Inimical or Incompatible Remedies

Acid Acet.—Arn., Borax., Caust., Nux, Ranan., Sarsa., Bell., Lach., Merc.

Acid Nit.—Lach. [Acid Nit. fails to act if given after Calc. Carb.]

Allium Cepa—Alœs, Alli. Sat., Scilla.

Allium Sativa—Alœs, Alli. Ce., Scilla.

Alœs Socotrina—Alli. Ce., Alli. Sat.

Ammonium Carb.—Lach.

Apis—Rhus, Phosph.

Argent Nit.—Coffea.

Arnica—Alcohol. [Don't use Arnica after bitten by mad dogs or vicious jackals, cats, etc.]

Aur. Mur. Nat.—Coffea, Alcohol.

Arum Triphyllum—Caladium.

Atropine—Gels.

Baryta Carb—Fails if given after Calc. Carb.

Belladonna—Dulc., Acid. Acet., Vinegar.

Borax—Acid Acet., Vinegar, Alcohol.

Bovista—Coffea.

Bryonia—Calc.

Calcarea Carb.—Sulph., Baryta Carb. Bryo. It fails if given after Kali Bi. or Ac. Nit.

Calendula—Camphor.

Camphor—Calendula. If fails if given after Coffea or Kali Nit.

Cannabis Sativa—Camphor.

Cantharis—Coffea.

Carbo Animalis—Carbo Veg.

Carbo Veg.—Carbo Animalis, Kreosote.

Caulophyllum—Coffea.

Causticum—Acid Acet., Coffea, Phos., Coccu. & all acids.

Chamomilla—Zinc., Nux.

China—Kreosote. It fails if given after Digitalis or Selenium.

Cinchona—See China.

Coffea—Coffea.

Cocculus Indica—Coffea, Caust.

Coffea Cruda—Canth., Caust., Coccu., Ignat., Cistus, Millef., Stram. [Coffea fails, if given after Arg. Nit.]

Colchicum—Acid Acet.

Conium—Fails if given after Psorium.

Digitalis—China, Nitri Spiritus Dulcis.

Dulcamara—Lach., Bell., Ac. Acet.

Ferr. Met.—Acid Acet., Tea, Beer.

Ferr. Phos.—Paris.

Gelsemium—Opium. It fails, if given after Atropine.

Hepar—Spongia.

Ignatia—Coffea, Nux, Tabac.

Kali Bi.—Fails if given after Calcarea.

Kreosotum—Fails if given after Carbo Veg. or China.

Lachesis—Acid Acet., Acid Carb., Acid Nit., Ammon Carb., Dulc., Psor., (Sep. ?)

Ledum—China.

Lycopodium—Coffea. Sulphur acts well, if given after Lyco. but not *vice versa.* Use these drugs in the order given—Sulph., Calc., Lyco.

Mercurius—(Sol. and Vivus)—Acid Acet., Silica. Potentized Mercurius fails, if given before or after Silica.

Millefolium—Coffea.

Natrum Mur.—Helps the action of Podophyllum.

Nux Vomica—Acid Acet., Ignat., Zinc. & all acids. Acid Acet. fails whether given before or after Nux.

Phosphorus—Caust., Apis.

Podophyllum—Sodium Chloride. Salt accentuates the action of Podophyllum.

Psorinum—Conium, Lach., (Sepia ?)

Ranunculus Bulb.—Acid Acet., Staph., Sulph., Nitri. Spiritus Dulcis, Alcohol, Wine, Vinegar.

Rhus Tox.—Apis. Apis is useless, if given before or after Rhus Tox.

Sarsaparilla—Acid Acet.

Scilla Maritima—All. cep., All. Sat.

Selenium—China, Wines.

Sepia—Bryo., Lach.

Silica—Merc.

Silicea– See Silica.

Staphysagria—Ranan. Ranan. fails if given before or after Staphysagria.

Stramonium—Coffea.

Sulphur—Ranan. Bulb. Hahnemann forbids Sulphur after Calc. Carb. Kent says that Sulph. follows Lyco. but Lyco. should not be used after Sulph.

Squilla—See Scilla.

Tabacum—Ignatia.

Zincum—Chamo., Nux, Alcohol.

(C) Antidotal Remedies

Acid Acet.—Acon., Nat. Mur., Magnes carb., Nux, Sep., Tuberc.

Acid Carb.—Chalk, milk, Saccharated lime-water.

Acid Fluor.—Silica.

Acid Hydro.—Camph., Coffea, Ferrum, Ipec., Opi., Nux.

Acid Mur.—Bryo., Camph., Ipec.

Acid Nitri.—Calc., Hepar., Con., Merc., Mezer., Sulph., Petrol.

Acid Oxalic—Magnes. carb., Calc. carb.

Acid Phosph.—Staphy., Coffea, Camph.

Acid Sulph.—Ipec., Puls.

Aconitum Napellus—Acid Acet., Bell., Berber., Coffea, Nux, Sulph., Chamo., Verat., Cimici., Petrol., Sep., Vinegar, Alcohol, Wines.

Actea Racemosa—Acon., Bapt.

Ælaps Corallinus—Ars., Alcohol, Heat.

Æsculus Hip.—Nux.

Æthusa—Vegetable acids.

Agaricus—Calc., Puls., Rhus, Camph., Alcohol, Fats and Oils, Coffea.

Agnus Cactus—Camph., Nux, Nat. Mur., Salt water.

Allium Cepa—Arn., Chamo., Coffea, Nux, Thuja, Verat.

Allium Sat.—Lyco.

Alœs Socotrina—Camph., Lyco., Nux, Sulph., Alumen., Mustard.

Alumen—Alœ, Chamo., Nux, Ipec., Sulph.

Alumina—Bryo., Camph., Chamo., Ipec., Puls.

Ambra Gresia—Camph., Coffea, Puls., Nux, Staph.

Ammon Carb.—Arn., Camph., Hepar., Lach., All vegetable acids. Castor oil, Olive.oil.

Amyl Nitrate—Cact.

Anacardium—Clemat., Croton., Coffea, Ranan., Rhus.

Anthracinum—Apis, Ars., Chamo., Acid carb., Carbo veg., Kreosote, Lach., Puls., Rhus, Sili., Ac. sulph., China.

Antimonium Crud.—Calc., Hepar., Merc.

Antimonium Tart.—Asaf., China, Coccu., Ipec., Lauro., Opi., Puls., Rhus, Sep., Con., Merc.

Apis Mellifica—Canth., Ipec., Lach., Ledum., Natrum Mur., Plant., Acid carb., Urtica., Olive-oil, Onions.

Argentum Met.—Merc., Puls.

Argent Nitric—Ars., Calc., Lyco., Nat. mur., Merc., Sili., Phos., Puls., Rhus, Sep., Sulph., Iod., Milk.

Arnica—Acon., Ars., Camph., China, Cicuta, Ignat., Ipec., Ammon. carb., Senega, Ferrum.

Arsenic Alb.—Chin. sulph., Camph., Carbo veg., China, Euphorbia, Ferrum., Graph., Hepar., Iod., Ipec., Kali bi., Merc., Nux vom., Nux mosch., Opi., Sambu., Sulph., Tabac., Verat., Lach.

Arsenic Iod.—Bryo.

Arum—Acid Acet., Bell., Puls., Skimmed milk or 'Ghole'.

Asafœtida—Camph., Caust., China, Merc., Puls., Valeri.

Atropine—Bell., Opi., Physos.

Aurum Met.—Bell., China, Coccu., Coffea, Cuprum, Merc., Puls., Spong., Camph.

Belladonna—Acon., Camph., Coffea, Hep., Hyos., Merc., Opi., Puls., Sabadilla, Wines.

Berberis—Camph., Bell.

Bismuth—Coffea, Calc., Caps., Nux.

Borax—Chamo., Coffea.

Bovista—Camph.

Bromium—Ammon carb., Camph., Mag. carb., Opi., (Colch. ?)

Bryonia—Acon., Alumi., Camph., Chamo., Chel., Clemat., Coffea, Ignat., Nux, Acid mur., Puls., Rhus, Senega., Antim Tart., Ferrum.

Bufo—Lach., Senega.

Cactus—Acon., Camph., China, Eupat. Perf.

Calcarea Ars.—Glon., Puls., Carbo veg.

Calcarea Carb.—Bryo., Camph., China, Ipecac., Nitri. Spi. Dulc., Nux, Sep., Sulph., Hepar, Iod., Acid nit.

Calendula—Arn.

Camphor—Canth., Dulc., Nitri Spi. Dul., Opi., Phos.

Cannabis Sat.—Camph., Merc.

Cantharis—Acon., Camph., Symph., Lauro., Puls., Rheum.

Capsicum—Caladium, Camph., China, Cina, Ac. sulph., Sulphur fumes.

Carbo An.—Ars., Camph., Nux, Lach., Coff., Vinegar., Wines.

Carbo Veg.—Ars., Camph., Coffea, Lach., Nitri. Spi. Dul., Caust., Ferrum.

Causticum—Antim Tart., Coffea, Colocyeth, Dulc., Guaia., Nitri Spiritus Dulcis, Nux, Asaf.

Ceanothus—Nat. mur.

Cedron – Lach., Bell.

Chamomilla—Acon., Alum., Borax., Camph., China, Cocc., Coffea, Coloc., Con., Ignat., Nux, Puls., Valer.

Chelidonium Maj.—Acon., Chamo., Coffea, Camph., Acids, Wine.

China—Arn., Apis, Ars., Asaf., Bell., Bryo., Carbo ani., Carbo veg., Calc. carb., Capsi., Causti., Cedron., China, Eupat. perf., Ferrum, Ipec., Lach., Ledum, Lyco., Alum., Merc., Nat. carb., Nat. mur., Nux, Puls., Rhus, Sep., Verat.

Chininum Sulph.—Arn., Ars., Calc., Carbo veg., Ferrum, Hepar, Lach., Puls., Nat. mur.

Chloral Hydrate—Digit., Merc., Electricity.

Cicuta—Arn., Coffea, Op., Cuprum Acet., Tabac.

Cina—Arn., Camph., China, Caps.

Cinnabaris—Hepar, Ac. nit., Op., Sulph.

Cicuta—Sep., Rhus, Camph.

Cyclamen—Camph., Coffea, Puls.

Cobra or Naja—Tabac.

Cocculus Indica—Camph., Chamo., Cuprum, Ignat.

Coffea–Acon., Nux, Acid acet., Chamo., China, Grati., Merc., Puls., Ignat., Sulph., Tabac.

Colchicum—Bell., Camph., Coccu., Ledum, Nux, Puls., Spig., Honey, Sugar.

Collinsonia—Nux.

Colocynth—Camph., Causti., Chamo., Coffea, Opi., Staph.

Conium—Coffea, Dulc., Acid nit., Nitri Spri. Dul. Wines.

Copaiva—Bell., Calc., Merc., (Cor. for males and Sol. for females), Sulph.

Corallium—Calc., Merc.

Croton Tiglium—Anac., Ant. tart., Clem., Rhus, Ranan.

Crocus Sativa—Acon., Bell., Opi.

Cuprum Acet.—Bell., China, Clemat., Dulc., Hepar, Ipec., Merc., Nux.

Cuprum Met.—Bell., Camph., Cicuta, Coccu., Con., Dulc., Hepar, Ipec., Merc., Nux, Verat., Aurum., Chamo., Sugar of milk with egg-albumen and sugar.

Digitalis—Apis, Camph., Calc., (Colch.), Puls., Acid nit., Opi., Vegetable acids, Vinegar, ether.

Dolichos—Acon.

Drosera—Camph.

Dulcamara—Cuprum, Ipec., Kali carb., Merc., Camph.

Eupatorium—Acid acet., Camph., Opi., Lime-juice.

Euphrasia—Camph., Caust., Puls.

Ferrum—Ars., Arn., Bell., China, Hep., Ipec., Puls., Sulph., Verat., Beer.

Gambogia—Camph., Coffea, Colocynth, Kali carb., Opi.

Gelsemium—Atropine, China, Coffea, Digit., Nat. mur., Nux vom., Strych.

Glonoin—Acon., Camph., Coffea, Nux.

Graphites—Acon., Ars., Nux, Chin., Alcohol.

Gratiola—Caust., Bell., Euphorb., Nux.

Guaiacum—Nux.

Hamamelis—Ars., Camph., China, Puls.

Helleborus—Camph., China.

Hepar Sulphur—Acid acet., Ars., Bell., Cham., Sil.

Hydrastis—Sul.

Hydrophobinum—Agnus., Bell., Cedron., Hyos., Lach., Stramo.

Hyoscyamus—Acid acet., Bell., China., Stramo., Vinegar.

Hypericum—Ars., Cham., Sulph.

Ignatia—Puls., Arn., Camph., Coffea, Acid acet., Coccu., Chamo., Nux.

Iodium—Ant. tart., Apis, Ars., Acon., Bell., Camph., China, Coffea, Chin., Sulph., Ferrum, Graph., Grati., Hepar., Opi., Phos., Spong., Sulph., Thuja. Wheat-flour mixed with water.

Ipecac—Arn., Ars., China, Nux, Tabac.

Iris—Nux

Jaborandi—Bell.

Kali Bi—Ass., Lach., Puls., Acid, Chalk-milk.

Kali Brom.—Camph., Helon., Nux, Zinc., Vegetable acids.

Kali Carb.—Coffea, Camph., Dulc., Nit. Spi. Dul.

Kali Iod.—Ammon. mur., Ars., China, Merc., Rhus, Sulph., Valeri., Arg. nit., Aurum, Hepar, Acid nit.

Kali Mur.—Bell., Calc. Sulph., Hydras., Puls.

Kalmia—Acon., Bell., Apis.

Kreosotum—Arn., Nux, Ferrum.

Lachesis—Alum., Ars., Bell., Calc., Chamo., Coccu., Carbo veg., Coffea, Hepar, Ledum, Merc., Acid nit., Acid phos., Nux, Opi., Sep., Tarent., Cedron.

Laurocerasus—Camph., Coffea, Ipecac, Opi., Nux m.

Ledum—Camph., Rhus.

Lilium Tig.—Helon., Nux, Puls., Plat.

Lobelia—Ipecac.

Lycopodium—Acon., Camph., Caust., Coffea. Chamo., Nux, Puls.

Mag. Carb.—Ars., Chamo., Merc. sol., Nux, Puls., Rheum, Colocynth.

Mag. Phos.—Bell., Gels., Lach.

Mal. Off.—Bryo., Nux, Ars., Rhus.

Mag. Acet.—Coff., Camph., Merc. sol.

Medorrh.—Ipec., Nux vom.

Menyanth.—Camph..

Mephites—Camph., Crotal.

Merc.—(Sol or Vivus)—Ars., Aurum, Asaf., Bell., Bryo., Calad., Carbo veg., Calc., China Cuprum, Conium, Coral., Clem., Dulc., Ferr., Guaia., Hep., Iod., Kali iod., Calc. fluor., Kali bi., Lach., Mezer., Acid nit., Nux, Opium, Podo., Phyto., Ratan., Sarsa., Staphy., Sep., Still, Spig., Sulph., Stram., Valer., Caps., Caust., Chin., Hydrast., Hyos., Iris., Kali mur., Lyco., Acid mur, Puls., Tereb., Thuja.

Merc. Cor.—Lobel., Merc. sol., Sep., Sil., and most of the antidotes to Merc. sol.

Merc. Dulcis—Hep.

Merc. Viv. } See Mercurius
Merc. Sol. }

Mezer.—Acon., Bryo., Calc., Kali iod., Merc., Nux, Camph., & all acids.

Moschus—Camph., Coffea.

Naja—See Cobra.

Natrum Carb.—Camph., Nitri spi. Dul.

Natrum Mur.—Ars., Phosph., Sep., Nux, Camph. Smell of Nitri Spiritus Dul.

Natrum Phos.—Apis, Sep.

Nicotinum—See Tabacum.

Nitri Spiritus Dulcis—Calc., Carbo veg., Caust., Con., Kali carb., Nat. mur., Opi., Sep.

Nux Moschata—Camph., Gels., Lauro., Nux vom., Opi., Valer., Zinc.

Nux Vom.—Acon., Ars., Bell., Camph., Chamo., Coccu., Coffea, Euphorb., Opi., Puls., Thuja, Ambra., Ignat., Iris., Plat., Stramo., Wines.

Oleander—Camph., Sulph.

Opium—Acid acet., Acid mur., Bell., Chamo., Cicuta, Coffea, Cuprum, Gels., Ipec., Merc., Acid mur., Nux, Puls., Verat., Zinc., Arg. nit., Camph., Sarsa., Sulph., Coffea, Wines.

Osmium—Bell., Merc., Hepar., Spong., Acid phos., Sil.

Petroleum—Acon., Coccu., Nux, Phos.

Phellandrium—Rheum.

Phosphorus—Coff., Calc., Mezer., Nux, Sep., Tereb., Ars., Camph., Chloroform.

Physostigma—Ars., Coffea, Lilli., Emetics.

Phytolacca—Bell., Coffea, Ignat., Iris., Merc., Mezer., Nitri. spi. Dul., Opium, Sulph., Milk, Salt.

Plantago—Merc.

Platinum—Bell., Nitri Spiritus Dulcis., Puls., Colch.

Plumbum—Alum., Alumen, Antim. Crud., Ars., Bell., Coccu., Caust., Hepar., Opi., Hyos., Kali Brom., Kreosote, Nux Vom., Mosch., Petro., Plat., Acid Sulph., Ac. Acet., Stramo., Zinc., Æthusa.

Podophyllum—Colo., Lepta., Nux.

Psorinum—Coffea.

Pulsatilla—Asaf., Coffea, Chamo., Ignat., Nux, Stram., Antim. Tart., Calc., Phosph., All acids, Chamomilla and Pulsatilla are antidotal to each other and yet follow each other well.

Radium Bromide—Rhus ven. (Tellur).

Ranun. Bulb.—Anac., Clemat., Bry., Camph., Croton, Puls., Rhus.

Rheum—Camph., Chamo., Coloc., Merc., Nux, Puls.

Rhododendron—Bryo., Camph., Clem., Rhus, Nux M.

Rhus Tox.—(Acon. ?), Anac., Amm. Carb., Bell., Bryo., Camph., Coff., Clematis, Croton,, Graph., Guaiac., Lach., Ranun., Sulph., Sep., Cup., Sang., Led., Merc., Plant.

Rhus Ven.—Bryo., Clem., Acid. Nit., Phos., Ranun.

Rumex—Bell., Camph., Con., Hyos., Lach., Phos.

Ruta—Camph.

Sabadilla—Camph., Puls., Conium.

Sabal Serrulata—Sil., Puls.

Sabina—Camph., Puls.

Sambucus—Ars., Camph.

Sarracenia—Podo.

Sarsaparilla—Bell., Merc., Sep.

Scilla Maritima—Camph.

Secale—Camph., Opi.

Selenium—Ign., Puls., (Acid Mur.)

Senega—Arn., Bell., Bryo., Camph.

Sepia—Acon., Antim Tart., Rhus, Sulph., Antim Crud., & All vegetable acids ; smell of Spiritus Dulcis.

Silicea—Camph., Ac. Flour., Hepar.

Skookum Chuck—Tabac.

Spigelia—Aur., Camph., Coccu., Puls.

Spongia—Acon., Camph.

Squilla Maritima—Camph.

Stannum—Puls.

Staphysagria—Ambra., Camph,

Stillingia—Ipec.

Stramonium—Ac. Acet., Bell., Hyos., Nux, Opium, puls., Tabac., Camph., Lime-juice.

Strychninum—Acon., Camph., Caulo., Ayml. Nit., Ars., Ccffea., Hyos., Op., Verat. Vir., Sulph., (Tabac, ?)

Sulphur—Acon., Camph., Ars., Cham., China, Conium, Caust., Nux, Merc., Puls., Rhus, Sep., Sil., Thuja.

Syphilinum—Nux Vomica (See Allen's Nosodes).

Tabacum—Ac. Acet., Ars., Clemat., Coccu., Ignat., Ipec., Lyco., Phos., Nux, Puls., Sep., Verat., Sulph., Camph., Coffea., Gels., Kalmia, Plant., Spig., Vinegar, Wine, Sour Apple.

Tarentula—Bovista., Carbo Veg., Cheli., Cuprum, Magn. Carb., Moschus., Puls.

Tellurium—Nux.

Terebinthina—Phos.

Teucrium—Camph.

Thuja—Colch. Camph., Chamo., Coccu., Merc., Nux. Puls., Sulph., Staphy.

Urtica Urens—Snail's blood.

Vaccininum—Apis, Ant. Tart., Malan., Sil., Thuja.

Valeriana—Bell., Camph., Puls., Merc., Cina, Coffea.

Variolinum—Ant. Ars., Malan., Sarrace., Thuja, Vacci.

Verat. Alb.—Acon., Ars., Camph., China, Coffea, (Staph).

Verat. Vir.—Hot Coffee.

Verbascum—Camph.

Viburnum—Acon., Verat.

Viola odo.—Camph.

Viola Tricolor—Camph., Merc., Puls., Rhus.

Viscum Alb.—Camph., China.

Zincum Metallicum—Camph,, Hepar., Ignat., Lobel.

Zingiber—Nux.

APPENDICES

APPENDIX—A

ELECTRON AND ENERGY

When science was in is infancy, with the eyes of a Hindu yogi, the great Hahnemann vividly realized in his mind that each 'atom' as conceived in those days, was the centre of infinite energy, and on this conception based his immortal 'Theory of Dynamisation.' It will not be amiss if we trace below, in outline, the stages through which modern physical science has arrived at the identical conception, though under different circumstances and under different nomenclature.

(1) The Hindu philosopher Kanad believed that the indestructible and indivisible **'Atom'** (paramanu) was the fountain-head of all physical phenomena.

(2) Earliest western physicists conceived a **'Molecule'** to be the smallest portion into which any substance could be divided without losing its chemical identity and an **'Atom'** was the ultimate indivisible particle into which a molecule could be broken up. An 'atom' (which was a conception only was the ultimate finality reached by science of those days. Thus, water was composed of **Molecules,** each of which contains two **atoms** of hydrogen and one **atom** of oxygen.

(3) Then followed Boscovich and Faraday with the idea that what is constitutive of matter (atom) is not

indivisible particle, but a centre of **force** ; and Sir William Crookes demonstrated that matter has a fourth—the **radiant** states—in addition to the usual solid, liquid and gaseous states.

(4) Prof. Le Bon in 1897 went a step further and laid it down : firstly, that each atom has an inherent energy of its own (—intra-atomic energy), whereby it can grow, without any extraneous help and, secondly, that matter and force are different conditions of the same thing, just as steam and ice are of water. This is evidenced as a huge mass of concussed matter, when broken into fragments, emits light, electricity, etc. 'Matter' thus comes to be a condition of equilibrium of intra-atomic energy ; and energy, light, electricity, etc. are the conditions born of disturbance of equilibrium of intra-atomic energy. As pointed out in Sir Gooroodus's book—that which is called matter is but a conglomeration of centres of ethereal energy ; and as suggested by another scientist of eminence—such energy is manifest, since when such a conglomeration is broken up it emits the rays of radium.

(5) It is easy to understand, in the light of what has just been said, that there should be a revulsion of ancient thought. The ancients believed that this world and everything in it was made up of five *elements*) *i.e.*, ultimate constituents of matel that defy analysis. These are solids (kshiti), liquids (opp), forcc (teja), gases (marut) and ether (byom). The European chemists teach us an anachronism, that the elements of which the mundane things are made up are seventy is number. But advanced thinkers conceive of only one substance as the ultimate

radicle out of which everything has been built ; that is called *electron*. Think of it as packed-up electrical energy itself or as particles endowed with electricity just as you like ; but the fact remains that electron and nothing else is the final conceivable unit of matter. To give an idea of electron, it will suffice to say that, as to its—

Size—1000 electrons equal to 1 hydrogen atom.
Weight— Dito
Velocity = 2/3 of that of rays of light.
Circumference = 10^{-88} *m. m.*

If we can conceive a drop of water as equrl to the circumference of this earth (=24,000 miles), then an atom is equal to the size of a shot. If we can think of an atom as 160ft. in length, 40ft. wide and 40ft. high then compared to it, an electron resembles a dot (or a full-stop). In his inimitable way, the lamented Principal Trivedi says: "It was once thought than an atom was the limit of human conception ; but modern science disillusions us by breaking up an atom into several fragments—each fragment, how fine !—each of these fragments can travel a milion miles in a second ! The particles of radium are divisible and they are in constant motion. An atom is an aggregation of such fine fragments in constant motion inside the atom ; these moving fragments are sending up rays of light by their concussions against the sea of ether that surrounds this globe and are always trying to break away from each other. * * * These fragments are called electrons ; they are as old as the hill and ubiquitous as air or ether and yet we were too gross to be able to conceive of them up till now ! Whether electrical energy is material or not. matter is made up of electrical energy (electrons) and electrical energy only !" We thus see that everything in this world is made up of electron. An electron, in its turn is a mass of electrical energy in perpetual motion ; there is a potential space between one electron and another, whenever they enter into formation of an atom—such a space is impenetrable by another electron and is thus permanent. The formation as well as the destruction of matter is the result respectively of association and dissociation of electron-particles.

(6) It is radium that has practically upset the time-honoured atomic theory. Radium was discovered by Prof. and Mdm. Currie in 1903. Prof. Pierre Currie's father and grand-father were eminent homœopathic practitioners. Radium, as its name implies, is always emitting rays ; it also emits heat, light and vapour. If a small grain of radium is heated gently, a vapour arises from it - the vapour being not bigger than the head of a pin. This vapour can be mixed with a million times of its volume of air and yet retain its properties of luminosity, heat, &c. The rays of radium can kill vegetables, burn human skin, bring on paralysis of caged rats and birds and cure rheumatism of joints in man and also his intractable skin lesions. Dr. A. P. Anshutz has taken photographs with the help of Radium 60x.

(7) We have so far demonstrated that an atom is not the last word about matter—but, so far as modern science goes, electron is the last word ; that electron is possessed of inherent forces, whose association and dissociation cause the construction or destruction of matter ; and that the conception of an electron is incomparable

the finest conception of infinitesimal division. Let us remember in this connection that Homœopathy as a science bases its claimes on two things—the infinitesimal dose and the potency of such divided doses. Prof Von Behring once said—'Thirteen years ago, I demonstrated before the Berlin Physiological Society the immunising action of my Tetanus anti-toxin in infinitesimal dilution, and spoke of the production of the serum by treating animals with a poison, which acted the better, the more it was diluted. * * * Gentlemen, if I had set myself to the task of rendering an incurable disease curable by artificial means, and should find that only the road of **Homœopathy** led me to my goal, I assure you, dogmatic consideration would never deter me from taking that road." Modern science has come down from the lifeless allopathic microscopic "atom" to the very much alive homœopathic microscopic electron ! To quote again the language of Principal Trivedi—"Ridicule as much as you may by saying that a teaspoonful of the Hoogly water fished out of it near Calcutta, after having dropped into it a minim of Belladonna θ at Hurdwar, is effective—if Homœopathy is a science. But I make bold to say that if human observations and reasonings are correct and unbiased, then there is, I must aver, *truth in homœopvthic treatment.*"

APPENDIX B

DYSCRASIAS or CONSTITUTIONAL FAULTS

What are dyscrasias ? When a man is ill and has undergone fairly good course of treatment and is still not getting well at all, suspect that there is some underlying constitutional fault that is standing in the way of his cure. This constitutional fault or blood-defect is called dyscrasia and is the cause of chronic and hereditary diseases.

Characteristics of Dyscrasias :—A man who has a dyscrasia, suffers from chronic diseases. Dyscrasias are contagious—being transmitted by contact or by breath, &c ; they are also hereditarily transmissible and they are characterized by lesions that tend to go inwards from outwards. The natural resistance (*viz.* medicatrix naturæ) that helps the cure of most diseases is powerless against the dyscrasias. Each dyscrasias has onset and a primary, a secondary and advanced stages of manifestation—sometimes sub-stages too ; there is no decline stage. Whenever one is infected by contact or by hereditary transmission or by another suffering from the manifestations of one of the sub-stages, the newly infected individual manifests symptoms of all the stages subsequent to that stage of the disease of which he has beeen infected, but none of the stages antecedent thereof. Syphilis, Psora, Sycosis affect but once in one's life-time*; to a true homœopath so-called repeated attacks of syphilis or gonorrhœa are myths, as witnessed by the opinions of such eminent men as Dr. Cowperthwaite ("Practice" pp. 749, 755), Walter Stands Mills "Practice," pp. 175, 184), E. P. Anshutz ("The Sexual Ills," pp. 50) and Kent ("Lecture on Homœo. Philosophy", pp 174). In treating the dyscrasias the best proof of right selection of medicine will be one of the following three events: (*a*) the symptoms of the disease disappear from the upper parts of the body to the lower parts; or (*b*) they disappear from within outwards; or (*c*) they disappear in the reverse order of their coming. A man having a dyscrasia usually gets many complications during the course of any simple or acute disease; in treating a man, therefore, go into his past history very carefully, to assertain the nature of the dyscrasia. Having spotted the dyscrasia, treat that first; very often, such treatment eradicates the dyscrasia and the acute illness too; if that is always the case, subsequent treatment of the acute illness becomes an easy matter. Ridpath believes that acute diseases are engendered by dyscrasias.

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* Some dispute this statement and say that the poison of syphilis taken up from any stage is the same poison and will produce the same symptoms with all stages as will do the gonorrhœa virus. But Dr. Kent in his "Homœopathic Philosophy," writes: Syphilis is transferred from husband to wife and it is taken up in the stage in which it then extists and from thence goes on in a progressive way. The woman catches it from the man in the stage in which he has it at the time of their marriage; she takes that which he has; if he has it in the advanced stage, she takes it in that stage—she takes from him the stage he has to offer. This is equally true of psora and sycosis. Such things never occur in the acute miasms; but the three chronic miasms have contagion in the form in which they exist at the time" (Lecture xx).

DETAILS ABOUE THE DYSCRASIAS :—The dyscrasias are three in number—Psora, Syphilis and Sycosis. Each gives rise to its own particular kind of dyscrasia ; but it is possible for an individual to have more than one kind of dyscrasia of his blood. Hahnemann thinks that during the dawn of civilization, the entire human race suffered from lepra or scabies of an intractable nature. The use of both internal and external medicines suppressed the external manifestations but helped to drive the poison in. This internal blood-poison is "Psora" and it has been running from generation to generation, now manifesting as tumour, or as phthisis, diabetes, palpitation, mental diseases, &c. Dr. Kent goes on further and believes that syphilis, gonorrhœa and all acute diseases have a back-ground of psora to support them ; that except venereal disease, all constitutional or organic diseases are mere localized manifestations. Thus, diseases of liver is not due to anything but to the localization of psora in that organ. In the Organon (§ 80), Hahnemann attributes to psora these diseases :—Nervous debility, hysteria, hypochondria, mania, melancholia, idiocy, madness, epilepsy and convulsions of all sorts, rickets, cancer, caries of bone, fungus, hæmatoides, neoplasms, gout, piles, jaundice, cyanosis, dropsy, amenorrhœa, bleeding from stomach, nose, lungs, bladder or uterus, asthma, emphysema, impotency and sterility, hemicrania, deafness, cataract, glaucoma, renal calculus, paralysis, genital dysfunction, pains of all sorts.

In treating the dyscrasias, chose the higher potencies

30—200 and give a dose a week or the highest potencies 1000—10,00,006, and give a dose a month or in 3 or 4 months. If benefit follows, stop further medication for some time at least. Read Hahnemann's Chronic Diseases, Kent's Lectures on Homœo. Philosophy, Allen's Chronic Miasms, Vols. I and II and Bidwell's "How to use the Repertory."

We now go into details about the three dyscrasias.

1. **Psora**—It affects chiefly the blood-vessel and liver and causes purulent eruptions or boils on skin. Psora is now universal ; even a handshake, sitting side by side, blowing into one's face are quite enough to transmit this dyscrasia from man to man. Suspect psoric dyscrasia if an acute disease proves Intractable or takes too long to cure, or if one perpetually suffers from vesicular skin-troubles or itches, eczema, or gets pimples about his wrist occasionally or given history of having papules on his palms, followed by degeneration of his nails 20 years ago or his present illness following the use of zinc, sulphur or lean plasters to cure his skin-troubles. All these indicate psora lying latent. *No eradicate psora* lying latent, Sulphur 30—200 is the principal remedy. Others are :— Psorinum, Calc. Carb., Lyco., Sepia, Silicea, Hepar, Nat. Mur, Graphites, Ars., Alumina, Causticum, Mezereum, Petrol., Carbolic Acid, Tuberculinum, Aur. Met., Acid Nitric., Guaiacum, Borax, Zinc. Iod., Baryta Carb., Lachesis, Phos.—All in high potencies. If the use of these remedies brings out skin-eruptions, one can infer therefrom that the disease is on the high road to cure. Anti-psoric remedies are best given in the morning, during pregnancy or on the fifth day after menstruation.

They are not to be given during or immediately preceding of following menses.

2. **Syphilis**—The virus gains entrance through abrasions on the body surface, usually on the genitals during coitus. It has three stages, as detailed elsewhere: (*a*) Primary or chancre stage—when a hard flat papule appears at the spot where at the virus has entered and indurated bubœs appear too. (*b*) Secondary stage—usually 2 months after the primary stage—in which sore-throat, low fever. pain in bones, syphilides, falling off of hair, brittleness of nails, irritis, enlargement of lymphatic glands &c. appear. (*c*) Tertiary Stage—coming on years afterwards—in which gummata and involvement of internal organs (brain, uterus, testicles &c.) occur. Homœopathy claims to eradicate the poison.

Suspect syphilitic dyscrasia if in the course of any illnnss you meet with—bilateral frontal bone-ache, loss of health, mental weakness gummata, tendency to deep-seated ulceration, aggravation of pains at night.

Syphilitic dyscrasia manifests itself chiefly in the periosteum and brain. The skin lesions are tubercular, not purulent.

Medicines :—Merc. Sol. 6—200 is the best. Try also —Syphilinum, Hepar, Acid Nitric, Aur. Met., Natr. Mur., Silicea, Natrum Sulph., Lachesis, Ars., Guaiacum, Graphites, Lyco., Kali Bi.—all in their higher potencies. The appearance of iritis, sore-throat &c. after the use of these remedies is an indication that the dyscrasia is wellnigh cured.

To avert the syphilitic virus affecting the child—give a dose of syphilinum 30 every fortnight and Merc. Sol. 6

(daily in the morning) all through pregnancy and as long as the child sucks the breasts. Give a dose once every omrning of Merc. Sol. 6 to the child if inspite of the above the child is wasting, &c.

3. **Sycosis**—Kent and Hahnemann agree in saying that the poison is of two varieties—acute and chronic. The acute virus gives rise to local lesions, with the three stages—onset, development and decline ; the chronic virus to constitutional disturbance with onset and development stages only. It is this latter that constitues the real sycotic dyscrasia. But both forms (acute and chronic) are contagious ; and within 8—10 days entery of the virus into the system, in both cases, urethritic and muco-purulent urethral discharges occur. Sudden suppression of this discharge by strong remedies works mischief.

In the localized lesions, the urethra alone is involved. Petroselinum θ is its best antidote. Cannabis Sativa, Cantharis or Copaiba may be occasionally called for. In a man with psoric dyscrasia, if localized sycosis occurs, antipsoric treatment must precede the localized antisycotic treatment.

In the generalized variety of sycosis, from the very commencement, the urethral discharge is thick and purulent, the urination is less painful, the urethra is swollen and somewhat hard and in some cases glandular tubercles cover the organ. The appearance of fig or cauliflower-like excrescences on the male organ is proof of sycotic dyscrasia. If the excrescences are like figs, they are dry ; if like cauliflower of cock's comb, they are soft and spongy and bleed on the slightest provocation. If these excrescences are burnt by caustics or removed by ligatures or if the urethral discharge is suppressed by strong injections, or if too much mercury is taken, the system breaks down and leads to excessive muscular debility and irritability, anxiety, fear, neurasthenia, asthma, or bronchial affections, degeneration of finger-nails and eruptions on palms. Very soon after removal of these excrescences or suppression of the urethral discharges, rheumatism (especially of the knee and heels) occurs ; hairs look as if tinged ; dysmenorrhœa, ovarities, sterility, aggravation of pain during the day and storm—all come on.

Chronic suffering from this dyscrasia leads to—anæmia, pasty looking complexion, lips are pale, ears look almost transparent ; warts on several parts of the body ; thick, yellowish-green mucous discharge from nose and eyes ; disease of liver or of urinary or respiratory organs ; acute rheumatism (following suppression of urethral discharge) ; restlessness from pain due to inflammation of testicles or of rectum. Patient walks on all fours or with difficulty on his legs on account of pain in thigh, calf or instep of foot.

If it is a child, it looks pasty in complexion, anæmic ; it passes undigested food matter with stools and has cholera-like evacuations during summer.

Treatment :—Thuja 30—200 is the best medicine for latent sycosis. Other antisycotic remedies are : Medorrhinum, Calc. Carb. (greenish-yellow mucus from nose), Acid Nitric, Calc. Phos. (orchitis in an anæmic person) Kali Iod., Hepar Sulph., Puls., Millefolium, Acid Phos., Silicea, Natrum Mur., Kali Sulph., Natrum Sulph., Natrum Phos., Sabina, Arg. Nit., Ars., Borax, Causticum.

Clematis, Graphites, Hydrastis, Nux Vom., Kali Bi., Sepia. The appearance of urethral discharge is a sign that the patient recovering.

4. **Mixed Dyscrasias** :—Hahnemann advises the use firstly of an anti-psoric, then the use of the remedy against syphilis or sycosis whichever is the more prominent of two, and lastly the use of medicines against the dyscrasias the least manifest.

APPENDIX C

BIOLOGY

"Whence is life ?" is a question that scientists has from a very remove antiquity asked themselves, but asked themselves in vain. We will settle the whole question by saying at once—we don't know. At any rate, it is not possible even for modern science to answer this question though intuition tells us that life has originated from an Unssen God that is almighty and benevolent.

In 1872, Dr. Bastian propounded the now exploded theory of spontaneous generation of life. His name with his theory is now a target for ridicule. And since Prof. Schafer vainly prophesized the chemical manufacture of life in the laboratory out of inorganic components. Prof. Burke made himself the butt of ridicule by claiming to have actually chemically manufactured life by bringing together bovril and radium. True science can show us, down to the minutest atom, the components of a living structure ; but the same science is nowhere, when tries to put "life" or that unknown essence that makes life, into a crucible ! True it is that a duck's egg and a hen's egg are chemically identical ; but that has not helped science to explain why the one kind of egg produces its specific chick and none other. Nor is it science to say, that life is a chemical substance of the nature of a ferment, just as yeast is.

The air is full of dust and other floating particles, to which myriads of minute living creatures (called germs) cling. When "fungus" grow on a stale food or the food ferments or bubbles gas or when a wound festers—we now know that all these are due to inroads of germs from the air ; and science has so far been able to demonstrate most of the germs that effect our daily lives—in health as well as in disease—and has also been able to identify and lable each one of them distinctively. Science has also taught us that life can originate from life only.

But that comes the question—Whence is this life in the atmosphere ? Lord Kelvin believes that life was borne down to this earth by a nebula since then, by the process of evolution, there have been so many kinds and varieties of living things. Prof. Richter believes that the entire ethereal space is full of the germs of life awaiting to be developed and evolved by suitable heat and moisture. In our day, Sir Jagadish Chandra Bose has proved that the so-called inanimate matters possess sensitivity ; though the Vedanta at the one end and Prof. Hæckel at the other are at one in saying that every atom in this world possesses extensibility, force and sensibility. And we have seen in Appendix A that the ultimate unit of matter is a mass of energy. And yet doses it all help us answer—Whence is life ? What is life ? The chemist Roscœ, the evolutionist Darwin and Wallace, the agonistic Huxley, the physicist Tyndall, the evolution-philosopher Herbert Spencer, the arch evolutionist of our day Burson—all, all have failed to explain the riddle and have exclaimed in despair—"Where shall I grasp The Infinite Nature—Oh where ?"

The following extracts may be of interest in this connection :—

Lamark, the real founder of organic evolutionism, says in his *System Analytique* (1830) : Nature is but an order of things subject to laws originating from the *Will of the Supreme Being* (page 43), of whose existence and boundless power, man has from observation conceived an indirect though sound idea (page 8).

Even Darwin, whom many represent as an atheist concludes his epoch-making *Origin of Species* (page 163, cheap edition), thus :—I infer that all organic beings have descended from one primordial form into which *life was first breathed by the Creator*. Again in his better to Sir J, D. Hooker (March 29, 1863) to V. Carus (Nov. 29, 1866) and to D. Mackintosh (Feb. 29, 1882, *i.e.* only two months before his death) respectively, Darwin writes—(1) "It is mere rubbish thinking at present of the origin of life ; one might as well think of the origin of matter".... (2) "The principle of life seems to me to be *beyond the confines of Science*" ... (3) "*No evidence* worth anything has as yet, in my opinion, been advanced in favour *of a living being*, being *developed from inorganic matter*."

"There are at least three stages in the development of the organic world where some *new* cause or power must necessarily have come into action. The first stage is the *change from inorganic to organic* when the earliest vegetable cell (or the living protoplasm out of which it arose) first appeared......There is in this something quite *beyond and apart from chamical changes* however complex; and it has been well said that the *first vegetable-cell was a new thing in the world possessing* altogether *new powers.*" [The other stages presenting similar difficulties are the *introduction of sensation* or consciousness (animal life) and of *rational thought and speech.*]—Wallace's *Darwinism* pages 474-75.

"Of the causes that have led to the origination of living matter it may be said that we *know absolutely nothing......*Science has no means to form an opinion *on the commencement of life: we can only make conjectures without any scientific value.*"—Huxley (article on *Biology* in The Encyclopædia Britanica).

"There are those who profess to foresee that the day will arive when the chemist by a succession of constructive efforts, may pass beyond albumen and gather the elements of lifeless matter to a living structure. Whatever may be said of this from other standpoints, the *chemist* can only say that at present *no such problem* lies *within his province*—Sir Henry Roscoe's *Presidential Address*, British Association, 1887).

"The *evidence in* favour of spontaneously generation *crumbles* in the grasp of the competent enquirer".—Tyndall's *Fragments of Science* (article on "Spontaneous Generation").

In the present stage of the world no such thing happens as the *rise of a living creature out of non-living matter*"—Herbert Spencer (Philosopher of Evolution *par excellence in the Nineteenth Century*, May 1886, page 769).

Sir Issac Newton declared that the existence of a Being endowed with intelligence and wisdom is a necessary inference from a study of celestial mechanics (Vide *Principal Schol Gen.*).

The production of life "is *not* within the present range of practical chemistry"—Prof. Metchnikoff.

It does not follow that the nature of life is much better understood than even living protoplasm, the thing, which being artificially put together with matter confers on it by its interaction, what we know as 'vitality' and which even in all probability, still elude us. It does not appear to be a form of energy but it certainly is a guiding principle utilising forces known to Chemistry and Physics and all the ordinary laws of nature for ends which appear to be outside the known laws of the physical world"—Sir Oliver Lodge.

And lastly, Lord Kelvin (*vide* report of his works ammended by himself—*The Nineteenth Century and After*, June 1903) says "I cannot say that with regard to the origin of life, Science neither affirms nor denies creative power—*Science positively affirms creative and destructive powers*, which She compels us to accept as an article of belief."

(The *italics* are ours)

GLOSSARY OF MEDICAL TERMS

(Other than those explained in the body of the book)

Acne—a chronic inflammatory disease of sebaceous glands of skin resulting in black pimples.

Caries—a chronic inflammation of bone with absorption of its tissues.

Coma Vigil—unconscious condition in which the patient lies with open eyes.

Congestion—rushing of blood (usually venous) to a place or organ.

Diathesis—liability of the body to certain diseases.

Fascia—membranous covering of muscles or other organs.

Herpes—acute inflammation with development of a group of vesicles on a patch of skin.

Lesion—change in function or texture of an organ produced by disease.

Ligament—connective tissue that binds the articular ends of bones.

Metabolism—change taking place in the intimate condition of cells whereby their molecule becomes more complex or contains more force.

Necrosis—death of cells.

Purpura—exacerbation of blood into skin or mucous membrane.

Pyrexia—fever.

Sphincter—muscle surrounding and closing an orifice.

Typhoid Fever—enteric fever. **Typhoid state**—a condition of stupor with dry brown tongue, sordes on teeth, rapid weak pulse, incontinence of fæces and of urine, rapid wasting.

Viscus—a hollow organ contained in a cavity.

[a— = not ; *an*— = not ; *algia* = painful ; *dys*— = with difficulty or pain ;—*itis* = inflammation ; *poly*— = many ; *pseudo*— = false].

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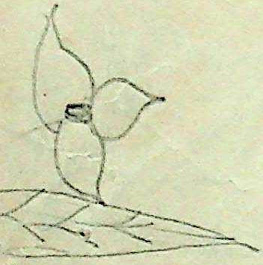

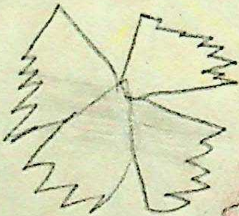

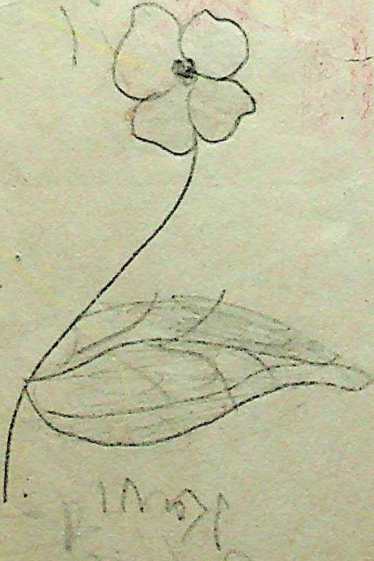

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